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I guess we'll have to wait.

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Canadian Living

VOLUME 35, NO. 8

SUMMER PLEASURES AUGUST 2010

PHOTOGRAPHY: NOEL HENDRICKSON/THINKSTOCK

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Cover photography, Jodi Pudge
Food styling, Claire Stubbs
Prop styling, Catherine Doherty

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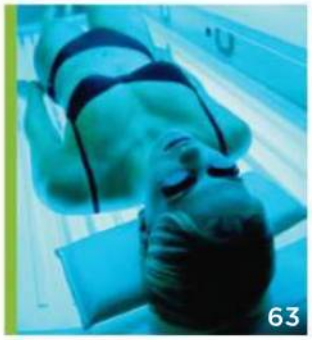

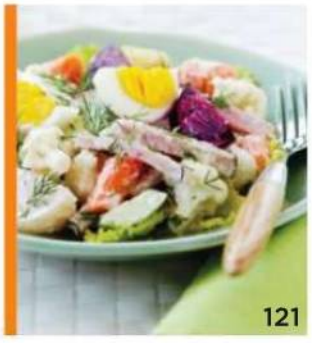

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Between Friends

Susan with Lindsey Frazier, whose wedding Susan will be attending this summer.

What's Inspiring Me This Month:

Girls' Night In. I'm having a Girls' Night In barbecue bash with my gal pals – using recipes from *Canadian Living*'s new barbecue book – to raise money for the Canadian Cancer Society.

Borderlands: Riding the Edge of America (Knopf Canada, 2010) by Derek Lundy

Summertime and the living is easy. Well, that's how the song goes, isn't it? As I sit here and think about what I'm going to be up to from August through to early fall, it looks pretty darned busy, not just for me but for many of the people around me.

When my husband and I became empty nesters, I had this romanticized picture of what our lives would be like, especially in the summer: no worries about arranging summer camps, no packing up the car with everything but the kitchen sink to go on vacation. Rather, it would be just the two of us taking long drives in the country, scouring our neighbourhood for antiques, lounging on the back deck.... We've been empty nesters for three years now, and while there's been time spent on the deck, little else has come to fruition. Maybe this will be the year I start getting through my wish list.

Summer, for many of us, means getting outside, enjoying the places we live and, if we're lucky enough, discovering other parts of Canada. I did a small survey of the staff here at *Canadian Living* to get a sense of their summer vacations. While some are planning staycations, many will be travelling across Canada – and I believe we've got the country covered. Erin plans on flying to Saskatchewan and Alberta to see relatives and rediscover her Western Canadian roots; Lisa is going camping in Picton, Ont.; Cath's going to vacation in her own idyllic backyard on Hornby Island, B.C.; and Jenn is travelling to Kingston, N.B., and Springhill, N.S. Meanwhile, Doug is hoping to get to the Northwest Territories; Daniela is planning on hiking in northern Ontario; Chris is heading to the Laurentians in Quebec; Michael's hoping to get to Manitoba; and I'm travelling to three weddings – first to Pickering, on Lake Ontario, then to Goderich on Lake Huron and last, but not least, to Charlottetown, with a side trip to Newfoundland (and hopefully Cape Breton). Geez, I'm suddenly wondering, Who's going to be working?

If you're looking for fresh holiday ideas, check out Cheryl Embrett's story on turn-key camping and other activities that enable you to enjoy Canada's great outdoors with little fuss or experience, and without emptying your wallet (page 77). Thinking about planning a family reunion? Read Helen Racanelli's story "Plan the Perfect Family Reunion" on page 69 for all you need to know about planning your first reunion for family and friends. From checklists to recipe selections, this issue has it all. Hooray for summer!

Have an inspired day.

– *Susan Antonacci*
susan@canadianliving.com

PHOTOGRAPHY, EDWARD POND

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Your Words

Our monthly roundup of reader feedback and insights

PROPER PROTECTION

In the piece about bicycle safety for kids ("Heads Up!" Health Matters, May), the photo illustration does not depict the instructions in the text: "A helmet should sit level on your child's head...." The photo shows the helmet tipped back on the child's head. This exposes the child's frontal lobe (brain) to injury in a fall forward.

As an almost-74-year-old regular cyclist, I've seen hundreds of fellow cyclists. A few wear their helmets toward the backs of their heads – and most of these are small children. The children may look cute, but they are not safe enough.

Parents need to be involved in teaching and demonstrating correct helmet use, just as your article states.

– Donelda Parker, Vancouver

STYLE, NOT SIZE

I'm just sinking my teeth into the June issue of *Canadian Living* and came across the "Real Women: Frock Stars" photo spread. I love, love, love that the first dress featured is from Addition Elle! It's so rare to see clothes from a plus-size women's store in a magazine, and even more rare that they aren't part of a feature on plus-size clothing. Thank you for showing that these clothes are just as nice as "regular" clothes and don't need to be centred out as being for bigger ladies!

– Faye Fleming, Mississauga, Ont.

TRIED AND TESTED

I love your Test Driven sections – absolutely love them. I read a lot of magazines, and often see lists of products to try, but rarely are they accompanied by comments on what makes them special, or why to buy one over another (other than price). In the June issue, I saw two particular products I will try, because of their descriptions and what the testers had to say about them. One of these products is a paint I would never have tried; another is a beauty product I had never heard of, but, by what I read, is exactly what I need. You can be sure this reader will always be checking out the Test Driven sections. Thanks.

– Hellen Recoskie, Hamilton

MORE MONEY ADVICE

Congratulations on addressing the money-saving issue with the Smart Cookies ("Friends with Money," May). Saving on a daily basis is definitely key to short- and long-term gain.

To my dismay, the one-page article didn't inform the reader of much but how the group started. I deal with advancing mortgages to individuals on a daily basis. Saving is a big issue for me and my clients. I was hoping the Smart Cookies would be more willing to impart advice to *Canadian Living* readers. It would be more beneficial to supply information in the article instead of dangling a "saving" carrot.

– Natalie Aiken, Corbeil, Ont.

PARTY TIME

Your article on affordable party ideas ("Creative Party Twists," June) couldn't have been more timely, as we recently hosted a tea party for my youngest daughter's 9th birthday. Each of the dozen invited girls dressed in her prettiest dress and brought her own doll or teddy bear. »

PHOTOGRAPHY, GORDON R. FREEMAN

ROCK OF AGES

We would like to clarify that the facts about the 5,000-year-old Sun Temple in Alberta, which appeared in the My Canada column of our April 2010 issue ("Rock of Ages"), originated in the book *Canada's Stonehenge: Astounding Archaeological Discoveries in Canada, England and Wales* (Kingsley Publishing, 2009) by Gordon R. Freeman, of the University of Alberta. Prof. Freeman has been studying and recording this fascinating place in southern Alberta for 30 years. His book contains detailed information and many of his photographs of the site, two of which appear here.

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Drew Barrymore is wearing Smoky ShadowBlast in Silver Sky and Liquiline Blast in Violet Voltage.

easy breezy beautiful COVERGIRL

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As the girls arrived, my older daughter and a friend handed out goody bags and gave a tour of the stations. The goody bags held things they would need for each station: an apron (handmade by my mother) for the kitchen station; a doll's dress to decorate at the sewing station; and two prepared crafts in sealed bags for the craft station.

At tea time, the girls drank tea from real china teacups (bought at Value Village), which were later cleaned, wrapped in tissue paper, and added to their goody bags.

The food included treats they had prepared themselves in the kitchen. I had my mother, my mother-in-law and another adult friend each helping out at a station. It was a fun, bustling party, with all the girls and adults alike getting right into the spirit of things.

– Rhonda Scaiano, Toronto

As I read "Creative Party Twists," I began to believe that some common sense had finally permeated the realm of children's birthday parties. When my kids were younger, there were many over-the-top birthday parties. I could never bring myself to do this and we had wonderful, fun parties. One summer, we hosted the Olympics at our house for my daughter's birthday where everyone received "gold medals." So I was pleased to see this article – until I got to the All Hands on Deck section. Who in their right mind has a party for a six-week-old?

It, like parties for toddlers, is for the parents. We are all thrilled at the birth of a child and want to welcome it to the world, but we used to just drop by and bring dinner to a new mom or provide some much needed relief.

Somehow we have to get back to some sensible values that don't make parties a continuing Can You Top This? event in our lives. We are all busy enough without this added stress. I realize the party was a potluck so the new mom did not do all the work, but at six weeks with my first child, I was just getting some decent sleep and not looking like a walking zombie, let alone party material!

– Marcia Ross, Rothesay, N.B.

TALK TO US

We welcome letters and emails from readers of *Canadian Living*. Speaking to Canadians like you, from east to west, is our mandate; hearing from you is our pleasure. Write to us – and you could win a *Canadian Living* cookbook as a token of thanks! Email us at letters@canadianliving.com or write to us at "Letters," *Canadian Living* Magazine, 25 Sheppard Ave. W., Suite 100, Toronto M2N 6S7. Please make sure to include your name, address and telephone number. Letters and emails may be condensed for publication. Pictures will not be returned.

CORRECTION

We inadvertently mislabelled three products in "Off the Shelf" that appeared in Health Matters in our June issue. We wish to clarify that Breyers Classic Light, Nestlé Parlour and Tofutti Premium Frozen Dessert are indeed frozen desserts, not ice cream.

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CRAZY CAKES CONTEST

Cast your vote in *Canadian Living*'s Crazy Cakes Contest. We have over 1,500 inspiring cakes and cupcakes from across Canada! The winner will be announced in our November issue and online. Voting ends Aug. 12, 2010, so vote today at canadianliving.com/august.

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Drew Barrymore is wearing ShineBlast in Fire. easy breezy beautiful COVERGIRL *vs. bare lips

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Everyday Matters august

Inspiring ideas for day-to-day living

BY DONNA PARIS

5 PLACES TO PICNIC

1. GOURMET NOSHING
Lighthouse Picnics, run by two women in Ferryland, Nfld., provides home-cooked fare that you can enjoy inside the lighthouse cottage or sitting on a blanket on the rocks. lighthousepicnics.ca.

2. IN THE GARDEN
Pick a spot in the lush gardens of Vancouver's Stanley Park and savour your food, company and the breathtaking plant life that surrounds you. vancouver.ca/parks/parks/stanley.

3. GET LIVELY!
Walk around Grenadier Pond, bike along the paths and inhale the flowery scents of all the blossoms before you tuck into a picnic lunch at Toronto's High Park. highparktoronto.com.

4. GO FOR THE HISTORY
Enjoy your food at Calgary's Nose Hill Park, filled with archeological sites, wildflowers and native grasses. calgary.ca (search for "Nose Hill Park").

5. CATCH OF THE DAY
The rivers running through the Bronson Forest Recreation Site in Loon Lake, Sask., are great places to fish for a meal. tpcs.gov.sk.ca/bronsonforest.

Visit us at canadianliving.com/august for a step-by-step guide on how to gut and fillet fresh fish.

Making the Leap

If you've listened to her sultry voice, accompanied by music that fuses flamenco rhythms, Afro-Cuban beats and Mexican folk music, you'd never guess Amanda Martinez had studied biology and international business in university. And, at one point, she decided to work in a trade finance department for the rest of her life.

Absorbed in music since childhood, the Latin-jazz singer-songwriter didn't pursue a music career because her parents believed she should choose a secure one. Now, the established Toronto-based artist, who won Best World Music Album with her debut effort, *Sola,* is setting out on a national summer festival tour. She also supports charities by performing, for example, at Sistering's yearly Funny Girls and Dynamic Divas show and at Alli's Journey concerts. She hopes her music helps people see that there are opportunities out there that they've never dreamed of. "You just have to make that leap," says Martinez. *– Melissa Sundardas*

PHOTOGRAPHY, COURTESY OF JOANNE KLIMASZEWSKI

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It's easy to get outside and get some exercise in the summertime – all you need is a pair of comfortable walking shoes and you're good to go. Here are a few tips to help you play it safe.

- Dress properly. Wear natural fabrics such as cotton or, even better, breathable fabrics that wick away sweat. Slap on sunscreen and wear a baseball cap or sun hat.
- Make sure you're properly hydrated. Drink a few glasses of water at least an hour before you walk, take water along with you and drink another big glass when you finish.
- Avoid walking during the hottest part of the day. Instead, plan your walks for early morning or in the evening. If possible, keep to the shade.
- If the air quality is poor, it may be best to do your walking indoors. For example, walk on a treadmill at the gym or try a mall walk. For healthy summer skin, check out canadianliving.com/august for sun protection tips.

FINGERPRINTS FOREVER

A simple fingerprint can be a pretty cool piece of jewelry. Fingerprint jewelry from Dimples transforms your friends' and family's swirly arched impressions into wearable charms – and you can even include personalized engraving on the back of the charm. For more info, visit dimplesforever.com.

what to do about animal bites?

- If the bite barely breaks the skin and there's no danger of rabies, treat it as a minor wound. Wash it with soap and water, and apply antibiotic cream, then a bandage.
- If the wound is a deep puncture or the skin is badly torn and bleeding, apply pressure with a clean, dry cloth to stop the bleeding and go to the doctor. If you notice swelling, redness, increased pain or oozing, the wound may be infected. Visit the doctor immediately.
- If you think the bite came from an animal that might carry rabies, see the doctor immediately.

I'M READING...

The Breakwater House (House of Anansi, 2010) by Pascale Quiviger, a book about the stories that mothers tell daughters, friends tell each other, and we tell ourselves to make sense of our lives. Quiviger weaves together magic realism, fairy tales and keen-eyed social observation in lush language that is sometimes opaque but always beautiful and, occasionally, heartbreaking. *– Nancy Baker*

PHOTOGRAPHY, PAUL CHMIELOWIEC

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As part of healthy eating, this food may assist in achieving and maintaining a healthy body weight because it is fat free.

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GREEN UP YOUR FEET

Slip into sandals and make the world a little greener. Timberland's Earthkeepers sandals are eco-consciously designed to be taken apart when you've worn them out, so that another pair can be made. They're 70 per cent recyclable, and their soles are made from 42 per cent green rubber – a compound made from recycled tires. For more info, see earthkeepers.timberland.com. And you'll want pretty toes before slipping into sandals: Find seven tips for the perfect pedicure at canadianliving.com/august. – *M.S.*

ZAPPER AU NATUREL

Zapping insects with insecticides isn't great for you or the environment. Instead, make your own natural bug spray with common ingredients you probably already have on hand. In a blender, combine four cloves of garlic, a teaspoon (5 mL) of hot pepper sauce and 2 cups (500 mL) of water. Slowly stir in a tablespoon (15 mL) of liquid soap. Let stand for at least 12 hours, then strain into a spray bottle – and no one except the pests gets hurt.

culture days

Get a red pen out and mark your calendar for a little jumping and twirling on stage or painting a masterpiece. Culture Days happens across Canada for the first time next month; the three-day event will give you a chance to help celebrate arts and culture in our country. For more info, visit culturedays.ca.

A HELPING CUP

If you're in Ottawa between Aug. 17 and 22, have a sip of tea and help out the Canadian Spinal Research Organization. This twist on a traditional tea party is a fund-raiser hosted by Richard and Jean Fraser, and held in their elegant Victorian home, where they'll be serving tea and snacks for your tasting delight. There will also be fun contests to take part in, such as Best Hat and Best Costume. For more info, email carlmar@magma.ca. – *M.S.*

PHOTOGRAPHY, PAUL CHMIELOWIEC

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A handful of **no regrets.** Want a simple snack without the guilty aftertaste?

Make sure fibre-filled, nutrient-rich California Almonds are always within reach. Just a handful a day can help you maintain healthy cholesterol levels. Learn more about the power of a handful at **AlmondBoard.com**

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The Heart and Stroke Foundation's registered dietitians have reviewed California Almonds to ensure they meet the specific nutrient criteria developed by the Health Check™ program based on the recommendations in Canada's Food Guide. A fee is paid by each participating company to help cover the cost of this voluntary, not-for-profit program. healthcheck.org

Serving size: 28g or about 23 almonds. Amount per serving: Calories 160 (Calories from Fat 120), Total Fat 14g (Saturated Fat 1g, Polyunsaturated Fat 3.5g, Monounsaturated Fat 9g), Cholesterol 0mg, Sodium 0mg, Potassium 200mg, Total Carbohydrates 6g, Dietary Fibre 3g, Sugar 1g, Protein 6g, Vitamin A 0%, Vitamin C 0%, Calcium 8%, Iron 6%, Vitamin E 35%, Folate 4%, Magnesium 20%, Phosphorus 15%.

california almonds™

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What's Your Cup of Tea?

Canadian Living and French Cross help you connect with your passions

BY E.R. LECLAIR

Connecting with your passion can change your life. That was definitely the case with Canadian skier Lauren Woolstencroft, who won five gold medals at the 2010 Paralympic Games in Vancouver by pursuing what she loves. And our passions take unexpected forms. Charles Dickens, for example, was gaga about cows. The literary genius once admitted, "What I have ever sighed for has been to retreat to a Swiss farm, and live entirely surrounded by cows." Not my cup of tea, but good for him.

Now what about you? Are you able to identify and devote time and space to your passion? Three friends and I sat down recently to talk about ways to connect with our passions on a day-to-day basis, and came up with an easy strategy.

How you complete the following seven sentences can help you discover (or rediscover) your greatest passion.

1. "If I had the time, the three books I would love to read by the end of summer are...." What you're drawn to read indicates what subjects appeal to you, and hints at a passion waiting to be developed. Reading about something you already love is a way of feeding that passion.

2. "Don't you remember years ago when we would...." Get back to a passion you've left behind. If you have happy memories of singing in your community choir in your 20s, well, it's just a phone call and a song sheet away.

3. "I'll be so disappointed if I never get to...." A favourite aunt of mine always says, "When I reach 90, I'd much rather have a mess of blisters on my feet from tackling too rough a path than have a lap full of regrets for those walks I didn't try." Jot down three things you don't want to miss out on this week, this summer or in this lifetime, be it baking bread from scratch, learning to tango with your partner or singing Edith Piaf's "Non, Je Ne Regrette Rien."

4. "If I had the afternoon off to do whatever I wanted, I would...." Passions are not all about going on safari in Kenya or listening to opera at La Scala. If your boss told you to take tomorrow afternoon off, how would you spend those few precious – unexpected – hours? That gut response is golden. (And no, running errands isn't an option.)

5. "Something I've always wanted to try is...." Experimenting is a healthy way of unearthing a buried passion. Maybe you want to try hot yoga or take an art class. You've nothing to lose.

6. "I'd love to have lunch with...." It could be the woman with the perpetual smile on her face who lives across the street, or your best friend's mother, who has always inspired you from a distance. Ask her to lunch, just the two of you.

7. "Not to blow my own horn, but I believe I'm quite good at...." Acknowledging the things you're naturally adept at highlights and nurtures your passions.

SIMPLE PLEASURE: A GLASS OF WINE

Whether you're throwing a party or just like to enjoy a glass of wine in the evening, a four-litre cask is perfect to have on hand.

- Portable and unbreakable
- No corkscrew required
- Space-saving shape takes up less space in the fridge or on the counter
- Recyclable – simply fold up your cask and recycle it

The best part? The cask keeps the wine fresh for up to six weeks after opening.

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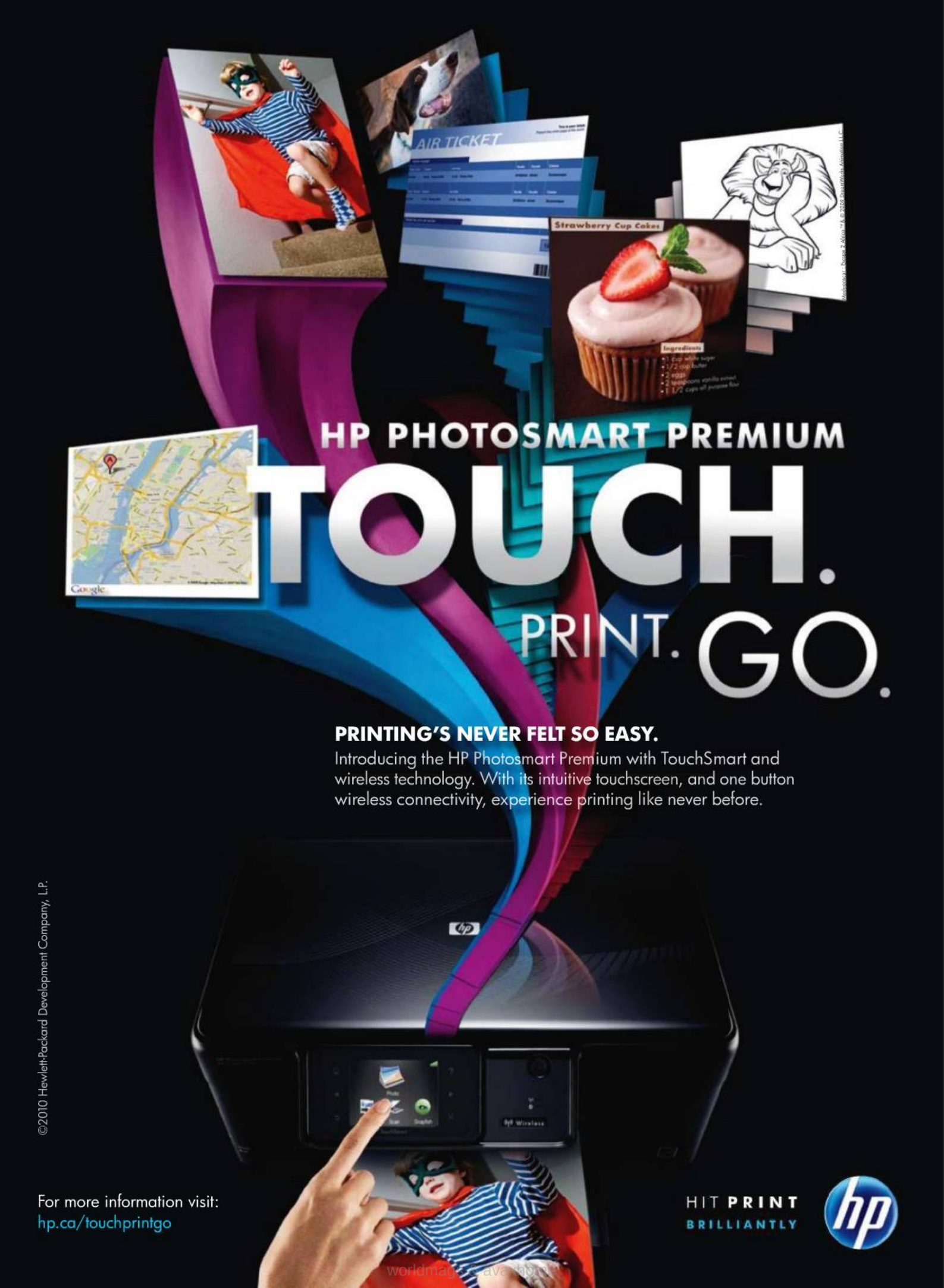

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HIT **PRINT**
BRILLIANTLY

old dogs, new tricks

At PetSmart®, we know that a dog's Golden Years can be some of the most cherished times of her life. Here, we discuss lifetime care and easy solutions to help you and your beloved senior dog.

feeding your senior dog

Your senior pet should eat food made specifically for her needs. For example, Hill's® Science Diet® Healthy Mobility™ Dog Food, enriched with omega-3 fatty acids, has been designed to help improve joint pain in 30 days. As your dog ages, watching for signs of weight loss or gain is important to help manage weight. Visit your veterinarian if there are any drastic changes in your pet's weight to help detect future ailments.

Dr. Robyn Jaynes from PetSmart talks about health issues for aging dogs.

Q I think my 10-year-old Lab is starting to show signs of arthritis. What are some of the symptoms and what are some options available to help him?

A If your dog is less active, gets up slowly, walks stiffly or limps, hesitates or refuses to climb stairs, or appears to be a little depressed, he could very well be showing signs of arthritis. But don't worry, you have options. Antibiotics and immunosuppressive drugs provide effective relief. If you're looking for a more natural approach, you can try supplements like glucosamine or chondroitin, which are natural compounds that replenish joint materials. If your dog is overweight, there are multiple dog food formulas that can help him shed the weight to reduce pressure on his joints.

As your dog ages, more frequent follow-ups with your vet will help identify any age-related health issues early so that appropriate changes can be made to address his needs.

making things easier

As your dog ages, movements such as getting on and off a bed or in and out of a car may become more difficult. To avoid unnecessary injury, invest in a portable ramp or staircase. Try using elevated bowls if your dog is struggling to bend down to reach his food and water. These products can be found at a PetSmart store near you.

grooming

Regular, professional grooming for your senior pet can help prevent problems such as skin and paw disorders, and periodontal disease, as well as help catch other problems that might otherwise go unnoticed. PetSmart PetStylists can check your pet and alert you to any possible health issues.

exercise

It's important that older dogs get daily exercise to stay healthy and happy. If you're noticing that your dog is slowing down, more frequent but shorter strolls are better than long, high-impact walks.

For our full line of products and services along with information on our PetSmart® PetsHotel® with Doggie Day Camp℠, visit us at a location near you or online at www.petsmart.ca

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We love to see healthy, happy pets.™

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Keep them young at heart when they're gray in the muzzle.

PetSmart® carries more specialty brands than ever, including new Hill's® Science Diet® Healthy Mobility™ dog food. In just 30 days, it can help dogs improve joint flexibility. And it contains helpful nutrients like Omega-3 fatty acids, Glucosamine and Chondroitin. Available at PetSmart, the best place for specialty food.

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OLAY

New Regenerist Anti-Aging Eye Roller.
OUR WAY TO DO YOUR EYES.

What an innovation!
A breakthrough in de-puffing eyes that's also fun to use. Our unique eye roller not only de-puffs,* it massages and imparts an exact measure of anti-aging treatment. So long, dark circles and puffiness. Farewell, lines and wrinkles. The eyes have it. *Massage reduces excess under-eye fluid.

REGENERIST

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BEAUTY REFRESH

Makeover Express

A courier company employee needed an easier to manage look – and we delivered.

BY JULIA McEWEN | ASSISTANT, KATHERINE FLEMMING

PHOTOGRAPHY BY RYAN SZULC | HAIR BY DONATO SALON
MAKEUP BY ANNA BARSEGHIAN FOR DONATO SALON AND SPA/FORD

Tara Slade, 38,
UPS employee

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WHAT SHE WANTED

When Tara Slade, 38, walked into Donato Salon and Spa in Toronto, she had just one request. "Don't take me back to my six-year-old style," she said, referring to the close crop that transformed her tight curls into a ball of staticky frizz. "Every time a curl popped out, they would buzz it off." In an effort to keep her curls under control, Tara resorted to growing her hair well past her elbows, and has maintained a simple wash-and-go hair-care routine.

WHAT SHE GOT

Colour:

"Tara's hair is too light and ashy for her skin tone," says Mary Listi, senior colour technician at Donato. "Since it is on the ashy side, we're going to bring back some warmth," says Listi, who first applied fine highlights to Tara's hair. After 30 minutes, Listi coated Tara's hair in a chestnut-and-copper all-over colour.

Cut:

"Tara's hair is thick, kinky, frizzy and curly," says salon owner John Donato. "It's not a well-defined curl – it starts at the root and frizzes out at the end." Because Tara had become quite attached to the length of her hair, Donato suggested trimming just five inches and creating longer layers in the front, to maintain movement without compromising length. After gently brushing Tara's hair, Donato asked her to sit and stand at different times to get the cut just right. This was all done while Tara's hair was dry – a finishing technique that ensures the cut is as "polished and as perfect as possible," says Donato.

Treatment:

After washing and completely drying Tara's hair, Listi applied Keratin Complex Smoothing Therapy treatment. The keratin protein fills in gaps in the hair's cuticle without chemically changing the structure of the hair, says J.P. Felice, senior colourist and director of colour at Donato. Once the treatment had been applied and dried, small sections of hair were flat-ironed at least 10 times each. Because the treatment needs to be cured over three days, Tara was given strict instructions to keep her hands off her hair for 72 hours – she couldn't even tuck it behind her ears. "[The treatment is] like cement – it will take the shape of something if it's not completely cured," says Felice.

VERDICT

"I love it! Just walking down the street, I hold my head up higher. It gives me a boost – an ego boost," says Tara. Prior to the treatment, Tara took nearly three hours to straighten her hair. It now takes her one hour, but she can wear it curly or smooth – either way, the frizz is gone. Tara loves her new look. "I haven't let it air-dry completely yet – I gave up on it. I don't think I'll wear it curly any time soon. I really like it straight."

1

2 3

GET THE LOOK

1. Keratin Complex Intense RX Keratin Care Shampoo and Conditioner, 400 mL, $22.50 each.
2. Pantene Pro-V Medium-Thick Hair Style Straighten and Smooth Crème, 151 mL, $6.
3. John Masters Organics Shine On Leave-In Treatment, 113 g, $37.

For shopping information, see page 140

Tip: To keep frizziness at bay, don't play with your hair. Touching your tresses throughout the day can agitate your hair's cuticles, causing frizz and flyaways.

DRESS, ZARA. JEWELRY, H&M

Visit canadianliving.com/august for your chance to participate in a *Canadian Living* beauty refresh.

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NOW

Wear Now Wear Later

Take your summer favourites right through fall by mixing them with a few trendy pieces.

BY KAREN KWINTER | ASSISTANTS, JULIA McEWEN & KATHERINE FLEMMING

PHOTOGRAPHY BY DANIEL HARRISON

NEWS: PRINTS

A patterned skirt takes centre stage when paired with a silky tank on our model, Sarah Waldock, a public relations consultant in Toronto. Move the look into fall with a supple leather jacket, flouncy scarf, booties and heavy metal accessories. Tank top, Kersh, $53. Skirt, Spanner, $179. Watch, Baume and Mercier. Necklace, Rita Tesolin. Heels, Town Shoes.

HAIR AND MAKEUP, VITTORIO MASECCHIA FOR TRESEMMÉ HAIR CARE USING M.A.C COSMETICS/PLUTINO GROUP

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LATER

OFF-FIGURE STYLING, JEANIE LEE FOR PLUTINO GROUP

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NOW

LATER

Scarf, Fraas.

Rhinestone brooches, vintage.

Gold brooch, Lia Sophia.

Jacket, $20, vintage.

Tank top, $40; and belt, $46; both Esprit.

DESERT STORM

There's no need to pack away slim-cut cropped khakis. For easy summer elegance, pair them with a dip-dyed shirt and jewelled sandals. Once fall strikes, top with an on-trend military jacket and lace-up boots. (Left) T-shirt, Esprit, $60. Khakis, Gap, $65. Necklace and bracelet, Lia Sophia. Satchel, Kathy Van Zeeland. Sandals, Aldo.

Lace-up boots, Michael Michael Kors.

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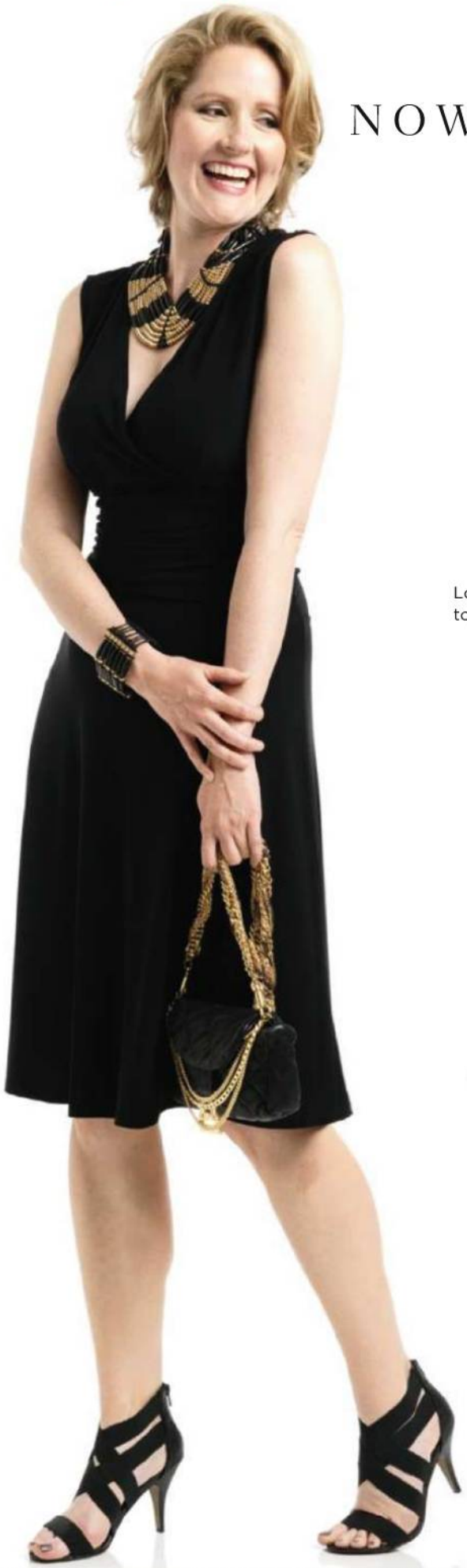

NOW

LATER

Faux fur chubby, Tension, $196.

TIP: Not into the faux fur look? Try a cardigan or jacket in your favourite colour.

Long-sleeved top, Gap, $20.

Necklace and cuff, Rita Tesolin.

Boots, Lacoste.

For shopping information, see page 140

BLACK MAGIC

A figure-flattering LBD that hugs in all the right places? Yes, please! Wear it with a statement necklace, strappy heels and a chain-link bag this summer. In fall, mix it with a long-sleeved top, knee-high boots and a faux fur chubby, and hit the town. (Left) Dress, Denver Hayes, $70. Necklace and bracelet, Jenny Bird. Purse, Yana Handbags. Sandals, Spring. For more tips on dressing for fall, visit canadianliving.com/august.

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Meet the future of haircare:

new custom-designed solutions for each hair structure.

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Editor's Choice

Bye-bye, bad hair days. Eliminate your unmanageable mane with our roundup of hair tamers and savers.

BY JULIA MCEWEN

GO-GO GADGET

Put your hair back in its place with these styling tools and accessorizing aids. This mixed bunch of hair helpers will put the most ill-behaved mane into beauty reform school.

1. Kevin Murphy Smoothing Brush, $80.
2. Goody Foam Rollers, $4.50.
3. Rowenta Ultramini Hair Straightener, $50.
4. Goody Simple Styles Spin Pins, $7.
5. Goody Velcro Rollers, $4.

PHOTOGRAPHY, GEOFFREY ROSS

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HAIR-RAISING

Most of us need a little extra oomph to achieve thick, full, sex-kittenish hair à la Penélope Cruz. Regrettably, many volumizing products fall flat and never meet our high hopes. So we put body-building products to the test and this big-hair brigade got top marks from us.

1. Samy Fat Hair 0 Calories Amplifying Mousse, 200 mL, $10.
2. Living Proof Full Thickening Cream Body Boosting, 109 mL, $28.
3. Nexxus Root Exxtend, 250 mL, $13.
4. Schwarzkopf Professional Osis Glamour Queen H2O-Free Volumizing Hairspray, 250 mL, $19.

SECRET WEAPONS

Are your strands in full-blown crisis mode? Dull, damaged and frizzy tresses are often caused by protein damage, which is caused by chemical processing, sun damage and daily use of heat-styling tools. Restore your hair health and get your mane issues under control with these beauty aids.

SHINE ON: Sally Hershberger Star Shine, 125 mL, $12.
HEAT HELP: Kevin Murphy Heated Defence, 150 mL, $24.
SUN SAVER: Redken Color Extend Sun Solar Screen SPF 12, 150 mL, $20.
FRIZZ FIGHTER: Orofluido Beauty Elixir for your Hair, 100 mL, $34.

BE KIND, REWIND

Your face gets all the glory when it comes to turning back the clock, but what about your hair? Redken's Time Reset collection pairs an in-salon treatment with a four-piece at-home system. In just 15 minutes, Intra-Cylane, a liquid-to-gel formula, fills in the gaps in your hair's cuticle, providing shine, smoothness and wildly fuller hair. Request it the next time you book a cut or colour. Salon treatment from $20, at Exit Salon in Toronto. Redken Time Reset Corrective Defense, 95 mL, $20. For more styling secrets, go to canadianliving.com/august.

For shopping information, see page 140

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NEW clean makeup for sensitive skin.

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easy breezy beautiful COVERGIRL

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test driven

Under Cover

These products conceal the things we're looking to hide and highlight our best features.

9 TO 5 BRA, $109, was designed by a personal trainer and fitness instructor who wanted a bra that would hide her cleavage, so she could wear low-cut tops and dresses to the office without adding an extra layer of clothing.

THE VERDICT

"This is my new favourite work bra – the added panel in the front is my saviour. It means I don't have to wear a tank top under my low-cut shirts. It is going to be a staple for me. Also, it allows me to wear one less layer, which takes away added bulk."

– Lisa Brook, Calgary, reader

EDITORS' NOTE

Comfort aside (it feels like a sports bra and doesn't dig in), the bra allowed us to wear plunging necklines without feeling as if we were spilling out or wearing something too fancy for the office.

DUWOP CLEAR REVOLOTION, 140 mL, $33, is a cooling ice-blue self-tanner gel that tones and conditions skin while adding a hint of shimmer. The bluish hue fights any orange tendencies in your skin, ensuring a natural-looking tan overnight.

THE VERDICT

"I usually stay away from products with shimmer, but this self-tanner's shimmering effect was subtle. The scent was not overpowering and the gel absorbed quickly into my skin; I felt like I had just applied a light body lotion. The colour was natural – not too dark for my skin colour. My only advice: be extra careful around the ankle area."

– Kate Walsh, Cardinal, Ont., reader

EDITORS' NOTE

At first glance the sparkles in this gel made us a wee bit suspicious. But our worries were put to rest after we gave it a try. The cooling gel left us feeling soothed and refreshed. The colour developed overnight, resulting in an authentic-looking tan with no trace of orange undertones.

REVLON AGE DEFYING MOISTURIZING CONCEALER, 11 mL, $12, targets discoloration around the eyes and instantly conceals imperfections. More than just a concealer, it also boasts skin-care ingredients that help minimize the appearance of fine lines and firm the eye area, while the SPF 20 keeps you protected.

THE VERDICT

"The concealer went on very smoothly without tugging at my skin and did a good job of keeping my eye area moist. It covered my dark circles well; on a scale of one to 10 I'd give it a seven. I would use it again because it's so moisturizing."

– Josephine Harris, Niagara Falls, Ont., reader

EDITORS' NOTE

The trouble with most full-coverage concealers is that they tend to leave skin looking dry and patchy. But the moisturizing properties of this concealer helped the product blend seamlessly into our skin. A word of caution: a little goes a long way because the pigment is so intense.

FOR SHOPPING INFO, SEE PAGE 140. PHOTOGRAPHY, PAUL CHMIELOWIEC

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COVERGIRL®

DREW BARRYMORE

Lash inserts were applied to add lash count to Drew's lashes before applying LashBlast Fusion mascara.

lashes that want it all, can have it all!

NEW lashblast**fusion** **a dramatic blast of volume and length.**

COVERGIRL has gone all out with its first ever volume + length mascara. The fiberstretch formula and oversized brush make every little lash **bigger, fuller, longer-looking and more dramatic.*** Blast your lashes to bold levels of length and volume with new LashBlast Fusion. easy breezy beautiful COVERGIRL

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*vs. bare lashes Drew Barrymore is wearing LashBlast Fusion in Very Black.

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OLAY

TOTAL EFFECTS BODY WASH

SHOWER WITH THE

7-IN-1 ANTI-AGING POWER

FROM TOTAL EFFECTS.

NEW OLAY TOTAL EFFECTS ANTI-AGING BODY WASH

Improve elasticity, relieve dryness, deeply condition skin and more as the tried and trusted facial anti-aging ingredients of Total Effects are combined with advanced body cleansing. Shower your way to younger-looking skin and fight 7 signs of body aging all in one.

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7

improves elasticity
relieves dryness
deeply conditions skin
brightens dull skin
evens skin tone
smooths rough skin
minimizes the look of dry lines

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Style Matters

STYLISH STEAL

Whether you're seeking refuge from the sun, hoping to skip a day of styling your hair or need a new accessory to liven up your wardrobe, nothing says laid-back in a snap quite like this adorable **straw fedora from Old Navy.** Bonus? It's a mere **$15.**

Alexander Wang spring/summer 2010

RUNWAY, OUR WAY

Embrace a modern, romantic 'do that requires just two items and no rules, with these tips from celebrity stylist Charles Baker Strahan.

- Look for something to boost your hair's body. Baker Strahan suggests Herbal Essences Set Me Up Mousse.
- To create texture, use a curling iron to shape messy waves. Run your fingers through after curling.
- Starting on one side, a few inches behind your temple, begin braiding your hair toward the other side of your head, feeding in more hair as you go (or run out).
- Secure with an elastic and loop hair through so the ends don't stick out. If a piece falls out or it looks sloppy, you're doing it right. "The messy part keeps you from looking like a 12-year-old Girl Scout," says Baker Strahan. For a more glamorous look, wrap the plait underneath and secure it with a few bobby pins.

Herbal Essences Set Me Up Mousse, 192 g, $4.

PHOTOGRAPHY: PAUL CHMIELOWIEC (TOP); IMAX TREE (BOTTOM LEFT); DAVID BAGOSY

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SNEAK PEEK

If zinc oxide makes you think of a white-nosed beach nerd, the latest offering from SkinCeuticals might change that. To make a transparent zinc, SkinCeuticals micronized the normally chalky element, creating smaller molecules and giving a sheer finish. Translation: you're in the clear and covered from the sun. **SkinCeuticals Ultimate UV Defense SPF 30 Moisturizing Broad-Spectrum UVA/UVB Sunscreen, 90 mL, $45.**

AU COURANT

Get fresh with this season's "it colour": highly pigmented coral. Try this brave (and surprisingly flattering – we swear!) shade in place of ho-hum crimson on your lips, paired with a soft apricot blush and black or brown mascara. If coral is too bold for your face, wade into this intense trend with a shiny mani or pedi.

1. Nars The Multiple in Turks and Caicos, 15 g, $46.
2. Yves Saint Laurent La Laque in Ultra Orange, 10 mL, $24.
3. Bourjois Paris So Laque Ultra Shine Nail Enamel Limited Edition in Tangerine Fatal, 10 mL, $10.
4. Sally Hansen Complete Salon Manicure, in Kook-a-Mango, 14.7 mL, $7.
5. Tom Ford Lip Color in True Coral, 3 g, $52.
6. Shiseido Perfect Rouge Glowing Matte in RD 325, 4 g, $30.
7. Rimmel London Moisture Renewal Lipstick in Coral Queen, 4 g, $7.
8. Make Up For Ever Glossy Full Couleur in 2, 10 mL, $22.

LOOK WHAT WE FOUND

The overwhelming trend in timepieces is for bigger and bolder styles. Strong hardware, large faces and luxury details are showing up in gold, silver, metal and even plastic. Pair your chunky wrist piece with a menswear-inspired outfit, or balance the rugged edge with an ultrafeminine look. Find one you love or swipe one from a man in your life. **Nixon The Rubber Player Watch, $200.**

For shopping information, see page 140

PHOTOGRAPHY, PAUL CHMIELOWIEC

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Perfect 10 launched January 2008. Products launched between May 1, 2007 and August 31, 2008 were eligible for this award.

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TOP 10 NUTRITION TRENDS: A Closer Look

Our nutrition expert helps you focus on healthy eating choices for your family.

BY CARA ROSENBLOOM, RD

PHOTOGRAPHY, JUPITERIMAGES UNLIMITED

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With so many nutrients, vitamins and foods getting buzz today, it can be tricky to make sense of what you need to eat. We've taken the guesswork out of 10 nutrition trends to make planning your family's meals – and staying healthy – a whole lot easier.

ANTIOXIDANTS

What are they? Antioxidants are powerful substances that protect us against free radicals, which are harmful molecules in our bodies. Don't fret. Free radicals come from pesticides, pollution and smoking, but they also occur naturally as we age.

Benefits: Free radicals damage your body's cells and can lead to premature aging, diabetes, cancer and heart disease. Antioxidants from the vitamins, minerals and phytochemicals in food help stop free radicals from attacking and damaging cells.

How much do I need? There's no consensus on how many antioxidants we need each day because there are so many different types. Your best bet is to enjoy a balanced diet.

Best sources: Fill up on colourful veggies and fruits (especially leafy greens, apples and berries); black and green tea; red kidney, black, soy and pinto beans; and whole grains.

PHOTOGRAPHY, JUPITERIMAGES UNLIMITED

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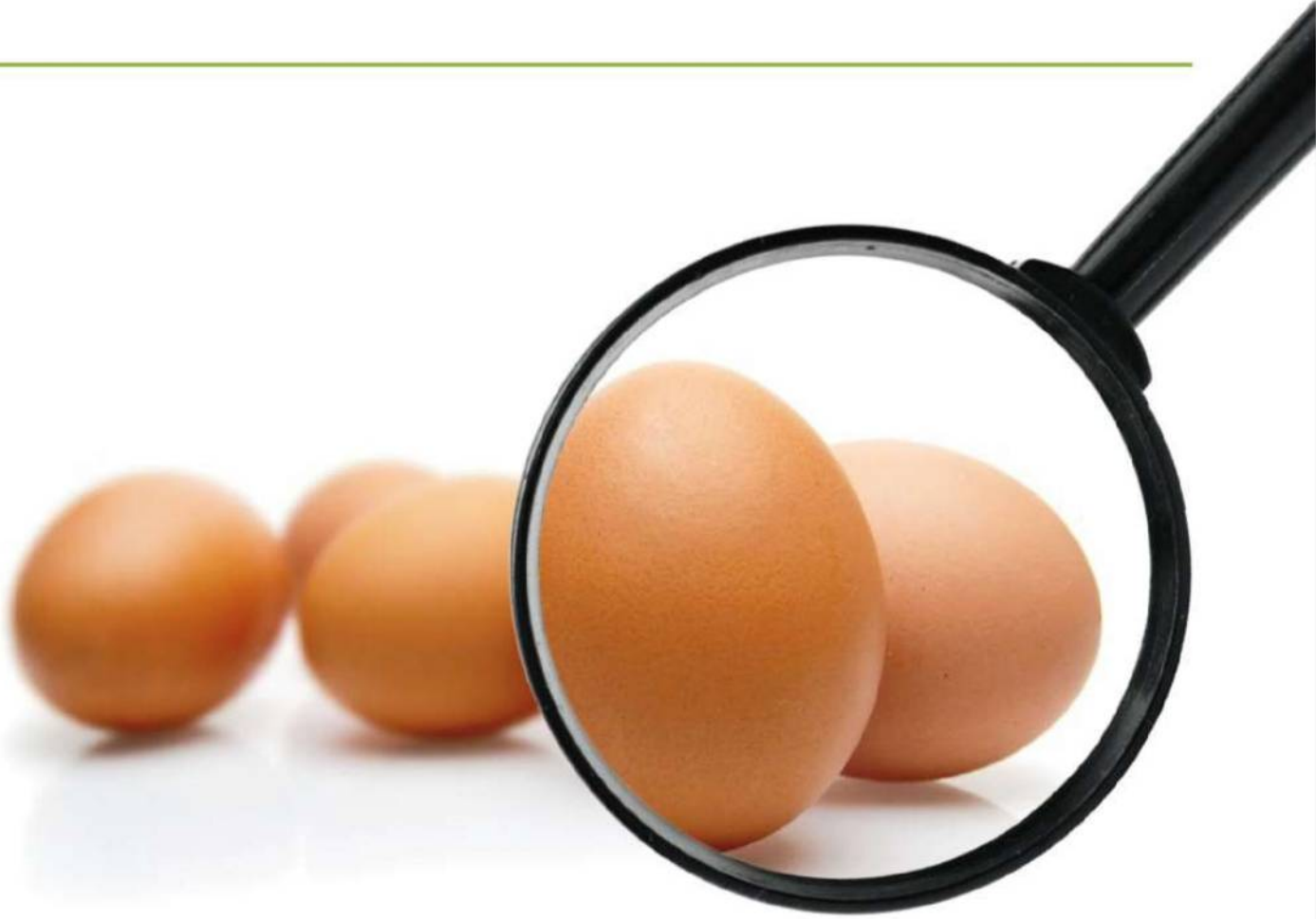

VITAMIN D

What is it? An essential vitamin that's produced by your body when you expose your skin to sunlight.
Benefits: Studies show that getting enough vitamin D may help decrease your risk of heart disease, multiple sclerosis, cancer and flu. This vitamin is also vital for promoting normal bone growth, reducing inflammation and helping your immune system stay in top shape. However, up to 66 per cent of us don't get enough vitamin D for disease prevention.
How much do I need? These recommendations from Health Canada came out in 1997: children should get 200 international units (IU) a day; adults, 400 to 600 IU a day. But since then, substantial research shows we may need to increase our intake. The Canadian Cancer Society encourages adults to take 1,000 IU a day in the fall and winter to reduce the risk of colorectal, breast and prostate cancers.
Best sources: Vitamin D is found in only a few foods, such as milk, margarine, fish and eggs. That's why supplements are a good option to discuss with your doctor.

PREBIOTICS

What are they? Prebiotics are a type of nondigestible fibre that helps probiotics grow and thrive in your gut. An extract of chicory called inulin is a popular prebiotic fibre that's added to packaged foods such as cheese, yogurt, pasta and beverages. Look for it on the ingredient panel of foods; it's listed as "inulin" or "chicory root extract."
Benefits: Prebiotics keep your gut healthy by promoting the growth of probiotics. They also help your body absorb calcium and other important minerals.
How much do I need? There's no consensus on the ideal intake, but consuming five to eight grams per day is often recommended. Foods that are enriched with inulin usually contain one to three grams of prebiotics per serving. But too much (10 grams or more) is not a good thing – and may leave you gassy and bloated.
Best sources: Most of us consume one to four grams of prebiotics per day from the foods we eat. To up your intake, choose these foods more often: chicory, onions, garlic, soy, dandelion greens, Jerusalem artichokes, whole grain wheat, barley, and foods enriched with inulin, such as cheese, pasta, yogurt and bread.

PROBIOTICS

What are they? Probiotics are "friendly" bacteria that grow naturally in your gut.
Benefits: Probiotics promote good digestion, strengthen your immune system and protect against disease-causing "bad" bacteria. They are also handy for treating diarrhea and urinary tract infections. Certain *Lactobacillus* and *Bifidobacterium* strains may help reduce the duration and severity of a cold. You should consume probiotics when you take antibiotics; they will replenish the good bacteria that the antibiotics have killed.
How much do I need? There are many different strains of probiotics and each one offers a different health benefit. *Lactobacillus acidophilus* and *Bifidobacterium bifidum,* for example, may help boost your immunity. There are other strains »

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I am an Iams dog

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and combinations that may help prevent colds and urinary tract infections, and help with lactose intolerance. Talk to a health-care professional to determine which type will best meet your needs.
Best sources: Choose probiotic-enriched yogurt, fermented milk and supplements.

STEVIA

What is it? A natural sweetener that's 200 to 300 times sweeter than sugar and extracted from the stevia shrub, which is native to Paraguay.
Benefits: Stevia sweetens like sugar, but has no calories. Stevia has been safely used as a sweetener for hundreds of years in South America, but there aren't any clinical studies on its safety.
How much do I need? Health Canada says adults are best to stick to no more than 280 milligrams a day of stevia leaf powder.
Best sources: Liquid stevia or spoonable stevia powders are available in health food stores. In Canada, stevia is not permitted as a food additive for widespread use because of the lack of research. It can be found in some natural health products that have a natural product number on them. This means they are government regulated and must list a dosage amount on the package.

FIBRE

What is it? Fibre is the nondigestible part of plant-based foods that moves through our digestive systems pretty much intact. This allows high-fibre foods to work like a broom and sweep material through your gut. Fibre comes in two main forms (insoluble and soluble) and both are important in a healthy diet.
Benefits: Insoluble fibre speeds the movement of food through your digestive system to help keep you regular. Soluble fibre, which dissolves in water, can help lower your LDL or "bad" cholesterol level. Both types of fibre help you feel full and maintain a healthy weight. (It's easy to boost your nutrition and lose weight – just start by cleaning out your cupboards. Find out how at canadianliving.com/august.)
How much do I need? Children need 19 to 25 grams a day; women, 25 grams a day; men, 38 grams a day. Bran cereals have five to 12 grams of fibre per 30 gram serving.
Best sources: Whole wheat products, nuts, veggies, fruit and bran cereals; soluble fibre is in oat bran, barley, psyllium, apples, pears and beans.

OMEGA-3 ALA

What is it? Alpha-linolenic acid (ALA) is a good-for-you omega-3 polyunsaturated fat found in plant-based foods such as soy and canola.
Benefits: ALA is an "essential" fat. This means we get it from food because our bodies can't make it. A lack of ALA can result in neurological abnormalities and scaly dermatitis in adults, as well as poor growth in kids. Some studies also link ALA with heart health benefits.
How much do I need? Kids need 0.7 to 0.9 grams a day; women, 1.1 grams; men, 1.6 grams. This amount (1.1 to 1.6 grams) can be found in two to three teaspoons (10 to 15 millilitres) of canola oil or two tablespoons (30 millilitres) of walnuts.
Best sources: Walnuts, soy, canola, flax and chia; salad dressing made from canola, flax or soy oil; and nonhydrogenated margarine made from omega-3-rich oils. Tip: Some packaged foods say "source of omega-3 fat," but you need to know whether they contain ALA or DHA. If you are aiming for heart-health benefits, look for products with DHA. »

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*Voted by Canadians in the *Reader's Digest* Trusted Brand Survey 2010.

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® Schering-Plough Canada Inc. © 2010 Schering-Plough Canada Inc., now part of Merck. All rights reserved. *Than freezing treatment alone.

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OMEGA-3 DHA AND EPA

What is it? Docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) are healthy omega-3 polyunsaturated fats found mainly in fish.

Benefits: DHA is vital for nerve, eye and brain development in babies and children. It may also help with kids' memory, ability to learn and overall brain function. In adults, DHA can lower your triglyceride levels – a type of fat found in the blood. When your triglyceride levels are high, your risk of developing heart disease increases.

How much do I need? Kids need 40 to 125 milligrams a day; adults, 500 milligrams. Aim for two or three servings of fatty fish, such as salmon, each week. People with heart disease need 900 milligrams a day or more – but talk to your doctor before increasing your DHA. Consuming 72 grams (2½ ounces) of salmon gives you 150 to 500 grams of DHA and EPA, depending on the type of salmon you eat.

Best sources: Fatty fish such as salmon and trout; fish or algae oil supplements; and omega-3 enriched eggs, milk and yogurt. Make sure the milk or yogurt specifically says it's a source of DHA, not ALA.

WHOLE GRAINS

What are they? Whole grains contain three nutritious parts: the fibre-rich bran, the starchy endosperm and the vitamin-filled germ. They pack more nutritional punch than refined grains such as white rice, flour and pasta.

Benefits: If you eat two or more servings of whole grains each day, you'll have a 40 per cent lower risk of heart disease. You'll also lower your risk of getting diabetes, cancer and digestive disorders. These benefits come from the combination of fibre, vitamins, minerals and antioxidants that are found in whole grains.

How much do I need? At least half of your daily six to eight servings of grains should be whole grains.

Best sources: Brown rice; oats; quinoa; buckwheat; whole grain wheat, rye and barley; and products made from any of these grains. Look for the words "whole grain" in the ingredient list. Don't be fooled by products labelled "multigrain." "Multi" just means "many" – and the product may contain many refined grains.

GLUTEN-FREE DIET

What is it? This diet excludes gluten, a protein that's found in certain grains, such as wheat, rye and barley, as well as any foods made with these grains, including bread, pasta and cereal.

Benefits: This is a specialized diet for people who have celiac disease or who are allergic to gluten or have a gluten intolerance. Since the word "diet" is synonymous with losing weight, some people mistakenly think that it's a weight-loss plan, but it isn't intended as such. Because a gluten-free diet excludes many common dietary staples, it's best if you follow it under the supervision of a doctor or dietitian.

How much do I need? Canada's Food Guide recommends we eat six to eight servings of grain products a day. If you exclude wheat, rye and barley from your diet, you have to swap these for equally nutritious grains that are high in fibre and B vitamins. Examples of one gluten-free serving include a slice of gluten-free bread, 30 grams of gluten-free cereal, or half a cup (125 millilitres) of rice or gluten-free pasta.

Best sources: Look for brown rice, quinoa, corn, amaranth, millet, buckwheat and pure oats. According to the Canadian Celiac Association, adults with celiac disease can safely eat ½ to ¾ cup (50 to 70 grams) of pure oats each day. ■

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When a child is hungry, it's hard to learn. That's why Breakfast for Learning helps communities to start and sustain student nutrition programs, provides nutrition education, funds research and advocates for quality nutrition in schools. We help ensure children are well-nourished and ready to learn – so they can stay on guard and be alert in class.

Help give our children a better chance of success... invest in their future.

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Scars
Stretch marks
Uneven skin tone

My daughter had a dog bite on her cheek that left a scar, almost like a puncture wound from the dog's tooth. We tried every kind of product, lotion and ointment but it remained red and very noticeable for over two years. After three months of consistent use of Bio-Oil, her scar is definitely less noticeable! I now also use Bio-Oil daily for wrinkles, brown spots and dry skin from too much skiing. Thanks for an outstanding product that really delivers.

Leanne Rowntree

Bio-Oil® is a skincare oil that helps improve the appearance of scars, stretch marks and uneven skin tone. It is also highly effective for aging and dehydrated skin. Bio-Oil is a combination of natural oils and vitamins, together with the breakthrough ingredient PurCellin Oil™. For comprehensive product information, and details of clinical trials, please visit bio-oil.com. Bio-Oil is available at drugstores and selected retailers. Results will vary from individual to individual.

No.1

CANADA'S NO.1 SELLING SCAR AND STRETCH MARK PRODUCT
Nielsen, 2009

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Have Your Fill

What's a serving of milk? It's not always easy to know, since glasses come in all shapes and sizes. According to Canada's Food Guide, one serving of milk is one cup (250 mL).

PHOTOGRAPHY, PURESTOCK/GETTY IMAGES

So just how much do you need to drink to stay hydrated? Fluid requirements vary based on your age, gender and how active you are, but here are some guidelines.

BY CARA ROSENBLOOM, RD

No matter how active you are, your body can't perform well if you aren't drinking enough. "Good fluid volumes allow for the delivery of oxygen and nutrients to all human tissues," says Dr. Ethan Grober, staff urologist at Mount Sinai and Women's College hospitals in Toronto. Proper fluid balance also helps regulate your blood pressure, cushion your joints and protect your brain.

All of the beverages you drink help you stay hydrated, but some choices are better than others.

- **Water:** "It goes directly to use once it's swallowed. Plus, it has no calories," says Jennifer Gibson, a registered sports dietitian in Victoria. "Water is an excellent source of hydration for regular daily activities: It's cheap, effective and accessible."
- **Milk:** Since it contains up to 16 essential nutrients, drinking one to two cups (250 to 500 millilitres) of milk a day is a great way to stay hydrated while adding calcium and vitamin D to your diet.
- **Juice:** Juice contains vitamins, but it also has 100 to 150 calories per cup. If you drink juice, limit your intake to one to two cups per day.
- **Sugar-Sweetened Beverages:** Pop and other sweetened drinks provide fluid and sugar, but no important vitamins or minerals. Consume them sparingly, if at all.
- **Coffee and Tea:** If enjoyed in moderation (no more than three cups/750 mL per day) these hot beverages do contribute to your fluid needs. But too much caffeine may be dehydrating, so stick with decaf coffee or herbal tea most often.
- **Sports Drinks:** Water is the right choice for low-intensity workouts. For endurance sports that really make you sweat, Gibson recommends sports drinks, which contain water, sugar and electrolytes (sodium and potassium). But she cautions that nonathletes have little reason to consume them. "The sodium and sugar content is intended for athletes who need to replenish sweat losses," she says. "People who are sedentary or lightly active are better off drinking water – they don't need the extra calories, sugar and salt."

"Milk and chocolate milk are also excellent post-exercise fluids," says Gibson. "They contain the perfect mix of carbohydrates, protein, fluid and electrolytes needed to replenish the body after a tough workout."

RECOMMENDED CUPS OF FLUID PER DAY

Children 1–3 years	4
Children 4–8 years	5
Children 9–13 years	7–8
Males 14–18 years	11
Females 14–18 years	8
Adult males	13
Adult females	9

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Hello, Sun

An at-home yoga routine that wakes up your muscles

BY PAMELA MAZZUCA PREBEG, PERSONAL TRAINER, ATHLETIC THERAPIST

PHOTOGRAPHY BY GEOFF GEORGE

THE WORKOUT

This series of yoga poses is known as a sun salutation. For best results, do them three to five times in a row, at least four times a week. Move from one pose into the next. Inhale as you stretch your body, and exhale as you bend. Breathing brings fresh oxygen to your muscles and allows you to move further into a pose.

WHAT YOU WILL NEED: Yoga mat

MOUNTAIN POSE

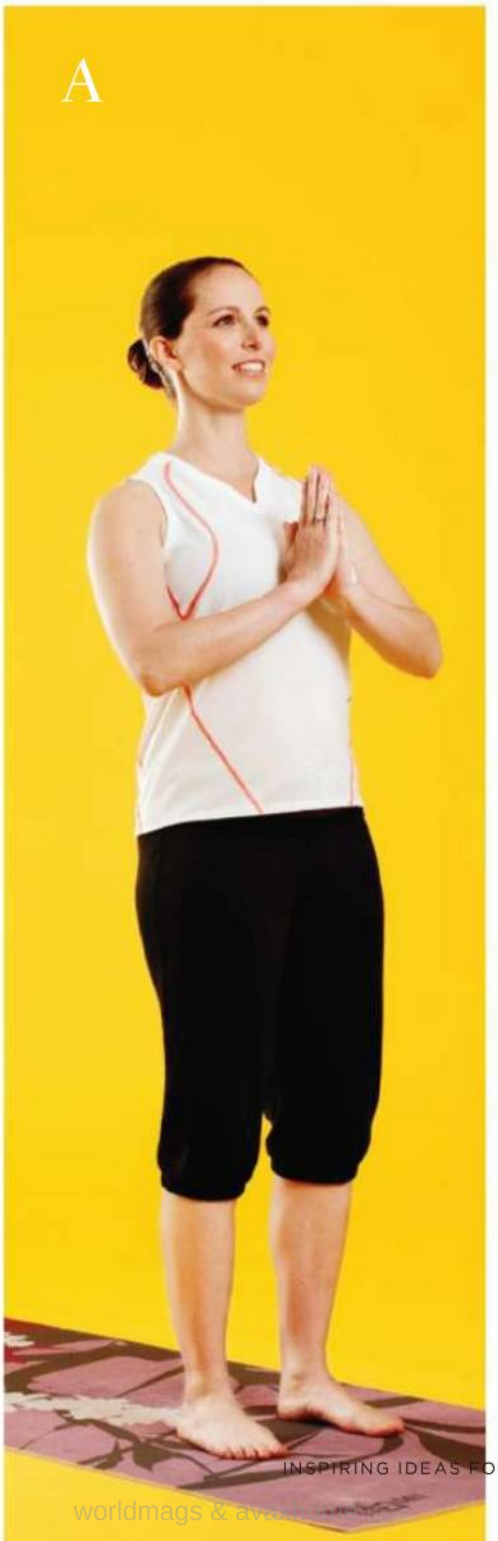
WHAT IT WORKS: Helps you create a rhythm of slow, steady breathing

HOW TO DO IT: Stand with your hands in a prayer position and your feet hip-width apart. Keep your weight evenly distributed between your feet **[A]**. Take several deep breaths.

UPWARD HAND POSE

WHAT IT WORKS: Stretches the front of your body (shoulders, chest, abs and hip flexors)

HOW TO DO IT: Inhale and sweep your arms out to your sides and then overhead, reaching your chest and arms to the sky **[B]**. Gently arch your back.



TRAINER'S TIP

Try doing this sun salutation series outside in a quiet, shady place to help you clear your mind and relax.

HAIR AND MAKEUP, EARL SIMPSON FOR JUDYINC.COM/TRESEMMÉ HAIR CARE

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STANDING FORWARD BEND

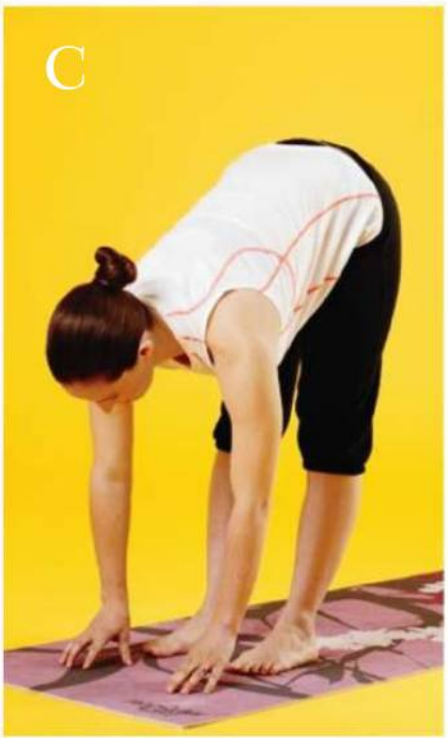
WHAT IT WORKS: Stretches the back of your body

HOW TO DO IT: Exhale as you bend forward at your hips, bringing your hands in front of your feet. Keep your thighs contracted **[C]**. Bend your knees if necessary.

HALF-STANDING FORWARD BEND

WHAT IT WORKS: Strengthens your lower back and the backs of your thighs

HOW TO DO IT: Inhale and lengthen your spine as you lift up until parallel to the floor. Lift your gaze to hip level. Keep your fingertips on the floor or rise to your shins **[D]**.



PLANK POSE

WHAT IT WORKS: Strengthens your shoulders and core

HOW TO DO IT: Bend your knees so you can place your hands flat on the floor **[E]**. Exhale and step or hop your feet back behind you so your body is in a straight line. Your hands will be directly under your shoulders and your feet hip-width apart **[F]**. Take a full breath and lengthen your spine.

FOUR-LIMBED STAFF POSE

WHAT IT WORKS: Strengthens your shoulders, core and triceps

HOW TO DO IT: Exhale and lower your body toward the floor by bending your elbows. Keep your elbows tight to your body and your legs straight **[G]**. If this is too challenging, bring your knees to the floor.

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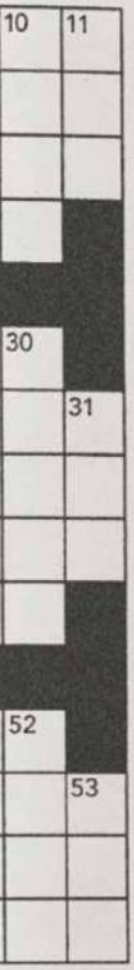
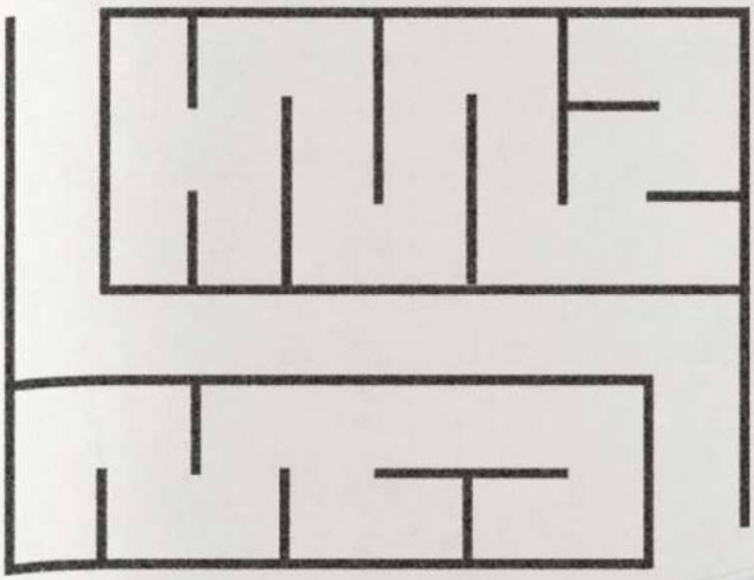


Discover a secret to regularity.

START



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SNACK YOURSELF REGULAR.

Two *All-Bran** Chewy Bars a day can help you feel great because they're made with wheat bran fibre, the best cereal fibre to help keep you regular.

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UPWARD-FACING DOG

WHAT IT WORKS: Stretches your abs and strengthens your shoulders and back

HOW TO DO IT: Inhale, lift and stretch your chest forward and up, bending at your waist. Only bend back as far as feels comfortable. Pull your shoulders back and down, and lift your legs off the ground so that only your hands and the tops of your feet are in contact with the floor **[H]**. Keep your legs and abs tight but relax your butt.

DOWNWARD-FACING DOG

WHAT IT WORKS: Stretches your butt, hamstrings and calves, and strengthens your back

HOW TO DO IT: Exhale as you roll your toes over and lift your hips up and back, forming an inverted V. Lengthen your spine, keeping your weight evenly distributed between both hands and feet **[I]**. Push your heels toward the ground. Bend your knees if necessary. Hold for five breaths. Bend your knees, look between your hands, inhale and step or hop your feet forward, returning to Half-Standing Forward Bend **[D]**. Exhale and lower yourself back to a Standing Forward Bend position; bend at your waist **[C]**. Let your upper body hang in this position. Inhale as you sweep your arms out to your sides and stand up, keeping your back flat and bringing your hands together over your head in Upward Hand Pose **[B]**. Exhale and return to Mountain Pose **[A]**. Stay in this pose for a few breaths and then continue on to your next sun salutation.

ASK PAM

Q: "I have really sweaty hands and feet, and I find myself slipping even on my yoga mat. I have tried using baby powder but it doesn't help. What can I can do?"

A: This is a common problem. Try placing a towel over top of your mat for added traction and to absorb your sweat. You might also want to purchase yoga gloves and socks, which will help you grip your mat and absorb sweat. Most are flesh-toned, so no one will notice you're wearing them.

Trying to get your hubby in on the yoga action? Read about eight ways yoga benefits men at canadianliving.com/august.

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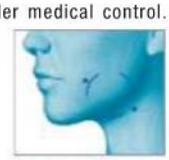
Toned neck


Refined jaw line

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HEALTH IS BEAUTIFUL

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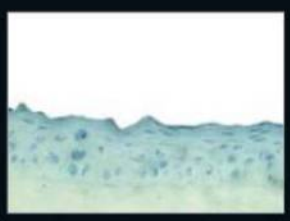
BREAKTHROUGH INSPIRED BY MEDICAL RESEARCH

Today's medical technology is able to reconstruct skin

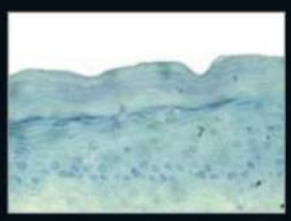
30 years of tissue engineering have led to the first scientific models of reconstructed skin. These models are helping researchers better understand cutaneous biology and better evaluate the performance of active ingredients on the skin.

The association of Proteic Gf + Pro-Xylane, proven to reconstruct all layers of the skin in 10 days. *In vitro* test.

Illustration showing the action of **Proteic Gf** and **Pro-Xylane**



Reconstruction after 10 days



Reconstruction after 20 days

VICHY LABORATORIES HAVE DEMONSTRATED THE POTENTIAL OF THEIR ACTIVE INGREDIENTS ON RECONSTRUCTED SKIN: *In vitro* test.

Proteic Gf stimulates growth factors, essential proteins necessary for a structured skin reconstruction. **Pro-Xylane** reinforces the skin's connective tissue. *In vitro* test.

Tissue Reconstruction by Caroline Debbasch, Doctor of Pharmacy, Ph.D.

How have models of reconstructed skin evolved?

The models have become more complete and more useful. A framework for our knowledge was first created in 1986, with models that, compared to today's models, were more basic and handcrafted. It was only recently, in 2007, that we developed the first complete model of reconstructed skin robust enough to be reproduced and used as an evaluation tool for active ingredients.

What major advances have been made in 30 years of tissue engineering?

The technical innovations of tissue engineering have shown us that the complete reconstruction of healthy skin is dependent on certain proteins. We call these proteins growth factors. They are naturally generated by the dermal and epidermal cells that make up skin, and are powerful tissular reconstruction agents. They assure the natural, structured growth of all cutaneous layers, and are stored in skin's connective tissue.

Growth factors: what is their significance in the development of new cosmetics for menopausal aging?

During menopause, the connective tissues which contain growth factors and hormones are impoverished, which leads to the loss of skin density. Stimulating growth factors and reinforcing the skin's connective tissue becomes increasingly important to minimize the signs of hormonal skin aging.

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VICHY RESEARCH

Tissue reconstruction applied to skincare: Neovadiol Gf

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Average result.

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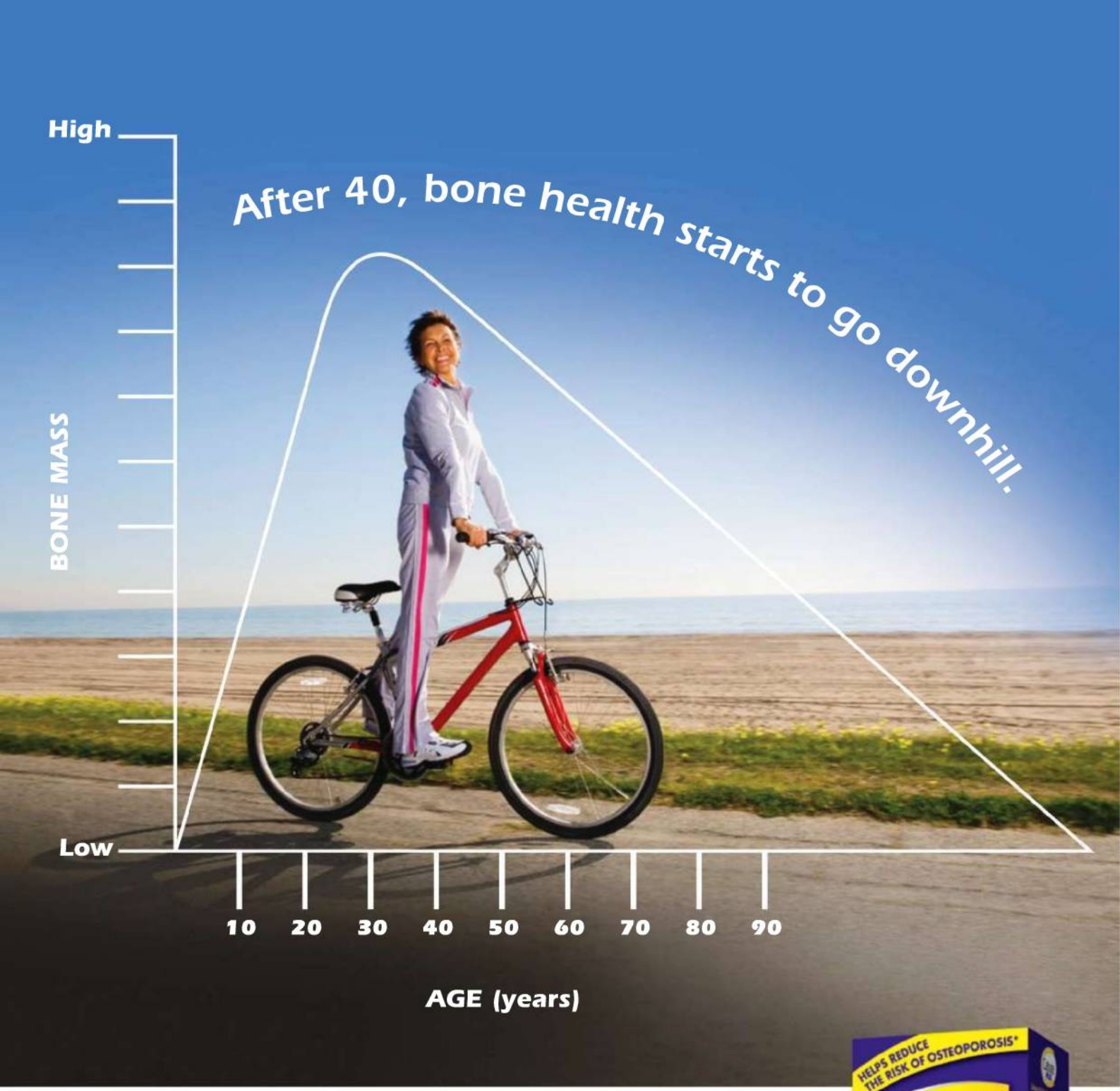

1 in 4 women will get osteoporosis. You don't have to be one of them.

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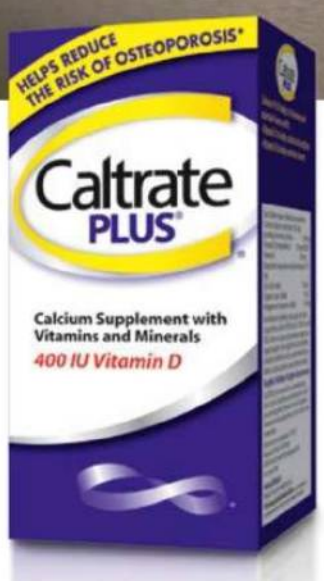

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Health Matters

TEST YOUR SKIN CANCER IQ

1 | Tanning beds are a safe way to get a summer glow.
True or false?

2 | More people get skin cancer than breast or prostate cancer.
True or false?

3 | The good news about skin cancer is that you don't die from it.
True or false?

4 | Your particular skin colour can put you at higher risk of skin cancer.
True or false?

5 | It's best to tell your doctor at your annual physical about any changes you've noticed in your skin or moles.
True or false?

6 | The decade you were born can determine your risk of skin cancer.
True or false?

ANSWERS

1 | **False.** Just like the sun, tanning beds and sunlamps release UV rays that damage and age your skin. Health Canada says some tanning beds can expose you to five times as much radiation as the sun. What's more, exposure to UV rays puts you at a greater risk for skin cancer. Both tans and sunburns are signs that your skin has been damaged by UV rays, so it's best to embrace the natural colour of your skin.

2 | **True.** The Canadian Dermatology Association (CDA) says skin cancer is the most commonly diagnosed cancer in Canada today.

3 | **False.** At least two people die from skin cancer in Canada every day, according to SkinCancerGuide.ca.

4 | **True.** Those of us with fair, freckled skin, light eyes and light-coloured or reddish hair are more vulnerable to sun exposure, says the Canadian Cancer Society. That said, no one is immune to skin cancer and research shows it is increasingly being diagnosed in black and Hispanic people.

5 | **False.** Don't wait for your yearly checkup. Any new growths on your skin or changes in the shape and size of birthmarks, moles and freckles should be examined as soon as possible for early detection of potential skin cancer.

6 | **True.** Research reported by the CDA reveals that those of us born in the '60s are two to three times less likely to be diagnosed with skin cancer than people who were born in the '90s. Surprisingly, experts say we had less exposure to the sun in the '60s and tended to cover up more for protection. *– Melissa Sundardas*

PHOTOGRAPHY, STOCKBYTE/THINKSTOCK

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off the shelf

Burgers for Your BBQ

Our nutrition expert looked at burgers – here's what she found. (All nutrition information is for 142 to 150 grams.)

BY CARA ROSENBLOOM, RD

PC BLUE MENU THICK AND JUICY LEAN BEEF BURGERS

All nutritional information is for 142 grams.

- 210 calories, 14 g fat (5 g saturated fat), 21 g protein, 550 mg sodium, 20% DV iron
- Made with lean ground beef. About 50 per cent less fat than burgers made with regular ground beef
- 170 to 200 fewer calories per patty compared with burgers made from regular ground beef

M&M SUPREME HOMESTYLE BEEF BURGERS

All nutritional information is for 150 grams.

- 390 calories, 30 g fat (13 g saturated fat), 23 g protein, 400 mg sodium, 25% DV iron
- High in fat
- Lowest in sodium
- Slightly larger patties

YVES THE GOOD VEGGIE BURGER

All nutritional information is for 150 grams.

- 240 calories, 7 g fat (0.6 g saturated fat), 28 g protein, 960 mg sodium, 50% DV iron
- Meat-free: made from soy protein
- Smaller patty (75 g each) is a more appropriate portion size according to Canada's Food Guide
- Lowest in fat
- High in iron and sodium

NO NAME BEEF BURGERS

All nutritional information is for 113 grams.

- 400 calories, 34 g fat (16 g saturated fat), 15 g protein, 975 mg sodium, 25% DV iron
- Highest in sodium
- Lowest in protein

PHOTOGRAPHY, PAUL CHMIELOWIEC (TOP)

In Canada's Food Guide, one serving of meat is 75 grams (2½ ounces). Two of these patties are double this size and, as a result, count as two servings. **Tip:** Aim for no more than two to three servings of meat and alternatives each day and choose lean meat when possible.

EDITOR'S PICK

Good news if you or your kids have allergies. The EpiPen and EpiPen Jr auto-injectors have been given user-friendly makeovers, with an orange needle head and a blue safety release for easy identification, an oval shape (making them less likely to roll away) and a visual cue to indicate whether they've been used. The new design is also safer: once you've injected yourself, the needle cover automatically locks the needle away. $120 each. Available at drugstores.

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Quick Takes

YOUR GUIDE TO GREAT PRODUCTS

WIN A SUNLIGHT GREEN CLEAN LAUNDRY DETERGENT GIFT PACKAGE

Sunlight Green Clean laundry detergent helps Canadians choose greener products without having to compromise on performance. The product's concentrated formula includes plant-based ingredients, is biodegradable and works well in high-efficiency machines. Visit sunlightlaundry.ca.

Retail value: $100

WIN A BIO-OIL SKIN SOLUTION GIFT PACKAGE

Originally developed for scars and stretch marks, Bio-Oil has become the little skin secret people love to share. Bio-Oil is now available in a larger size! If you've ever complained that your bottle of Bio-Oil runs out too quickly, fear no more – the 125 mL bottle is here. Visit bio-oil.com.

Retail value: $75

BACK TO SCHOOL CELEBRATIONS

The Nestlé Favorites Friendship Fair gift basket includes all you and your child need to celebrate the beginning of the school year, complete with delicious chocolate treats, fun activities, games, crafts and more!

Retail value: $150

WIN AN AFFRESH DISHWASHER CLEANER GIFT BASKET

Odour-causing residue can build up on surfaces over time. The Affresh Dishwasher Cleaner formula produces powerful oxygenated cleaning action. Using Affresh Dishwasher Cleaner once a month will keep your dishwasher clean and fresh. Visit affresh.ca.

Retail value: $100

Visit canadianliving.com/august to enter.

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let's talk

YOU TOLD US

Last month, we asked: Canada's Food Guide recommends women get seven to eight servings of fruits and veggies a day. What's your favourite way to enjoy veggies during the summer?

- Plain, or with dip or hummus. **30%**
- In a homemade salad. **53%**
- On the grill as kabobs. **17%**

NOW TELL US

What sun protection measure do you need to step up?

- Putting on sunscreen 30 minutes before I go outside.
- Reapplying sunscreen every two hours.
- Wearing sunglasses and a hat with a wide brim.

Cast your vote at canadianliving.com/august. Results will appear in the September issue.

HEALTHY MAKEOVER: MONTH 7

It is now past the halfway point in their Becel Makeover, and Liz Pappas and Dawn Burns have reviewed their fitness programs and made some changes.

- Liz's knee injury is still hampering her progress, and she's had a hard time getting to the gym. While she has lost 17 pounds, "I thought I would lose weight more quickly," she says. Liz has recommitted to working out four times a week. Sarah Mulaner, her personal trainer, has also suggested Liz change up her exercise a bit: walk outside (to enjoy the outdoors), try using the elliptical machine at the gym more often (it's more protective of the knee than a spinning class, for example) and during her two-week summer vacation, try an exercise class in water or swim (it's an excellent no-impact workout).
- Dawn has just three pounds to lose before she reaches the weight goal she set at the beginning of the program, which began in February. That means she'll need to start a maintenance program, says Justin Williams, her fitness coach. While he has provided a more challenging weight workout for her to do three times a week at the gym, he has also suggested that Dawn find a fun fitness activity to do regularly, too. The activity would act as a long-term fitness goal, because improving skills and participating regularly are important. Dawn has decided to try biking, yoga, dance and kickboxing to see what she likes best.

– Ylva Van Buuren

test driven

Lip Balms

Tip: For optimum protection, reapply your lip balm every hour.

OMBRELLE TRANSPARENT ANTI-DRYNESS LIP BALM SPF 30, 3 mL, $8, is recognized by the Canadian Dermatology Association for its UVA and UVB protection.

THE VERDICT

"Despite its heavy-duty coverage, this lip balm isn't thick or sticky."

– Katherine Flemming, editorial assistant, Fashion & Beauty

THE BODY SHOP VITAMIN E LIP CARE SPF 15, 4.2 g, $8, moisturizes and protects your lips from UVA and UVB rays.

THE VERDICT

"I really like how well this balm works on top of my regular lipstick."

– Allison Miles, Toronto, reader

B. KAMINS BIO-MAPLE LIP BALM SPF 20, 15 g, $21, protects lips from sun, wind and extreme temperatures, and helps prevent cold sore breakouts.

THE VERDICT

"This balm works great, but there was a bit of an aftertaste."

– Carrie Allan, Mallorytown, Ont., reader

For shopping information, see page 140

PHOTOGRAPHY: NANCY FALCONI (TOP); PAUL CHMIELOWIEC

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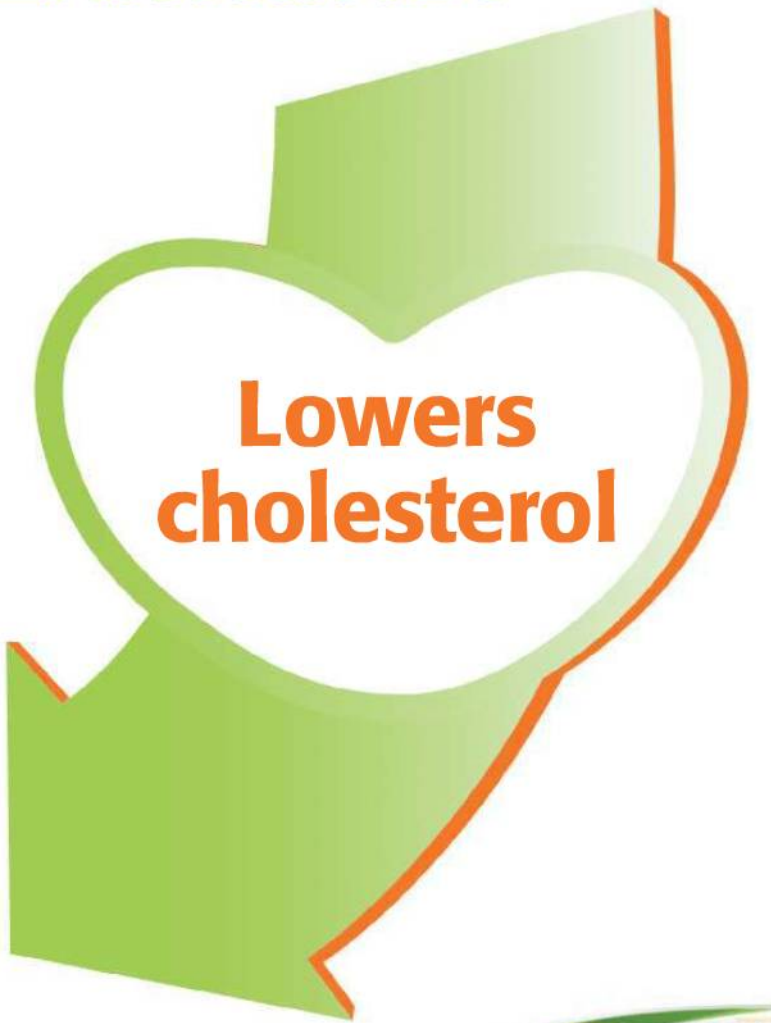
INTRODUCING NEW BECEL® PRO.ACTIV®

ONE GIANT LEAP FOR HEARTKIND.



NEW Becel® pro.activ® calorie-reduced margarine with plant sterols is different. It contains plant sterols, which actually help lower cholesterol. 2 tsp (10g) of Becel® pro.activ® provides 40% of the daily amount of plant sterols shown to help lower cholesterol in adults.

Learn more at loveyourheart.ca

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Plant sterols help to lower your cholesterol

Do you need to lower your cholesterol? Here's how plant sterols do the job.

According to the Heart and Stroke Foundation, close to 40% of Canadian adults have high blood cholesterol levels – a major risk factor for heart disease.

But there is big news on the cholesterol-lowering front: There's an effective way to help reduce your cholesterol through your diet. Studies show that by adding 2 grams of **plant sterols** to your daily diet you can help **lower your cholesterol by up to 15%** starting within three weeks, when combined with the move to a healthy diet.

How plant sterols work

Plant sterols help to lower cholesterol by partly blocking its absorption into the bloodstream. The cholesterol that is not absorbed is eliminated from the body. Since high cholesterol is a risk factor for heart disease, lowering cholesterol can help reduce your risk of heart disease.

The effectiveness of plant sterols in lowering cholesterol has been proven and documented in over 180 studies since the 1950s.

How much plant sterols are needed

Many health experts recommend eating **2 g of plant sterols** daily to enhance the effects of a cholesterol-lowering plan.

And while plant sterols are found naturally in nuts, seeds, grain products, fruit, vegetables, and oils from sunflowers, canola and soybeans, it's difficult to get the daily 2 g from regular foods alone.

How to get more plant sterols into your diet

An effective and convenient way to consume the recommended 2 g of plant sterols daily is to **eat foods that are fortified with plant sterols**. Other ways to easily incorporate plant sterols into your everyday diet are:

1. Enjoy a variety of vegetables and fruit every day. Aim for at least 7 servings a day, as recommended by *Canada's Food Guide*.
2. Cook and bake with vegetable oils and non-hydrogenated margarines made from vegetable oils.
3. Snack on nuts, or sprinkle a small handful on your cereal and salads.
4. Include whole grains in your meals. Look for recipes that use barley, brown rice, oats and quinoa.

Interested in learning more about how you can help lower your cholesterol with plant sterols?
Visit www.loveyourheart.ca.

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PLAN THE PERFECT Family Reunion

Get the whole family in on planning – and enjoying – your best get-together ever.

BY HELEN RACANELLI

PHOTOGRAPHY: HILL STREET STUDIOS/GETTY IMAGES

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Tossing water-filled balloons in a contest to see which pair of kids can avoid bursting them; a picnic table laden with savoury steamed buns from Chinatown; cases of chilled soda cans stacked on the grass; the din of grown-ups agreeing and disagreeing in Cantonese – these are my fond childhood memories of Mah family picnics.

Today, I recognize the thoughtful prep that went into these Chinese-Canadian reunions on my mom's side of the family. Various Mahs divided the tasks, some hauling provisions to Toronto's High Park, while, months before, other family members had placed a web of phone calls across southern Ontario to beckon the clan – and that was all for just an informal midsummer picnic.

In fact, more Canadians travel for the purpose of visiting family than for any other reason, according to Statistics Canada. And great reunions start with great planning – so why not gather everyone this summer and make your own family memories? Here's how to plan one from scratch.

GETTING STARTED

Start early: Whether your reunion is for 25 or 250, plan well in advance. "Take a year to plan it so everyone has a chance to help out with the decisions," advises Susan Steen-Turkington, visitor services coordinator for Tourism Red Deer in Alberta, who attends two family reunions a year. A year of organizing sounds like a long time, but it gives everyone ample time to plan around the event – and gives you ample time to contact everyone. The Steen family, with 75 members ranging from newborn to 82 years old, makes picking a day easy by setting the dates in stone, choosing the last Wednesday of June to kick off their annual week-long camping event.

let's talk

YOU TELL US
Go to canadianliving.com/august and share stories, pictures and videos from your own family reunions.

PHOTOGRAPHY (FROM TOP): MICHELLE PEDONE/GETTY IMAGES; BRITT ERLANSON/GETTY IMAGES; ROBERT MANELLA/GETTY IMAGES

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CREATE A WEBSITE

"A reunion website is usually started six to 10 months before the reunion," says Rob Hirscheimer, president of MyEvent.com, a Montreal-based online service that helps members easily create a personalized reunion website for $10 to $15 per month. "It's a great way to increase attendance and build interest," he says. "When relatives see all the great plans [you are] putting together, they tend to consider the reunion more seriously."

GET ORGANIZED

Choose a committee and delegate. Remember, you don't have to be the webmaster, meal coordinator, treasurer, location scout and greeter – enlist help from your extended family. Delegate according to interests: Teens can collaborate through social networking by creating a Facebook group for the event, and the family accounting whiz can be the treasurer and organize RSVPs with a computer spreadsheet. Also, if your mom keeps in touch with elderly relatives who might not use the Internet, she can spread the word to them.

PICK A PLACE

If possible, survey family members via email to find out how much money they can spend and what type of setting they prefer. "Choose what suits the majority," says Steen-Turkington. "You can't please everyone, but do the best you can without losing all your hair," she jokes. Don't forget to consider the needs of the elderly and anyone with limited mobility. Steen-Turkington's maternal family, the Storchs, holds reunions in a hall to accommodate relatives in wheelchairs. Also be sure to check for deals: Resorts and hotels often offer group rates. And many tourism boards, convention centres and visitors bureaus have staff members like Steen-Turkington who can help to steer you in the right direction.

PLAN EVENTS

Decide whether you want lots of structure, with organized sports events, for instance, or whether your family prefers a low-key gathering where everyone chats over comfort food. Either way, keep kids busy with fun games (for unique ideas, check out "Summer Games for Kids" at canadianliving.com/august). Steen-Turkington's reunions include a Family Amazing Race. "Kids are asked questions about the family, like who's whose husband or wife, and they have to put us in order of birthdate. Once they get it right, they get the next clue and run to the next station," she says. "This keeps the kids busy and the adults, too, because we have to man the clue stations." The fastest team gets a cupful of jelly beans.

Some families fund future get-togethers with silent auctions, bake sales and other fund-raising activities built into the reunion day's events. During a multiday event, people may want to explore their surroundings, so compile a list of cultural and shopping destinations in the area. »

REUNION TIMELINE

One year to 10 months ahead:
- Collect email addresses, telephone numbers and mailing addresses, and;
- survey family as to how much to spend, and where to celebrate.

Ten to six months ahead:
- Create a website;
- create an organizing committee;
- decide upon a location;
- choose meals, and;
- update relatives.

Six to three months ahead:
- Collect money;
- arrange photography;
- plan games, and;
- organize decorations.

Three months before:
- Update website;
- send reminders to everyone, as there may be last-minute joiners;
- encourage procrastinators to pay up;
- have committee finalize outstanding details, and;
- appoint greeters.

Meet up for the big day!

"Our clan gathers every two years for a family reunion, and about 150 to 200 people attend. For some relatives who live far away, it's one of their few family connections. Just before dinner, we take a few moments to remember those we've lost in the preceding two years, along with an introduction of those we've gained – be it the babies, a new daughter-in-law or someone newly engaged. It allows us to reflect on the renewal of family, the beauty of a life cycle that replenishes that wonderful gift: the love of family."

— Alain Gingras, Hull, Que.

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"Each August, when our family gathers for the annual picnic, we take a photograph of the youngest and oldest members of the family together. Sometimes it's a great-uncle and a little grandniece, or my grandmother pictured with my second cousin's daughter."

– Helen Altobello, Montreal

COLLECT MONEY

If you're renting a venue, be sure to get funds from relatives up front. MyEvent.com, for example, allows invitees to securely pay in advance with credit cards. Encourage prepayment by offering an early-bird discount. "You can offer your relatives a lower price if they pay by a [certain] date, and if they don't pay by then, the price goes up by 15 or 20 per cent, for example," says Hirscheimer. "It's a good tactic to try to get people not to procrastinate and pay for their commitment."

No money? No problem. While some family reunions take place on deluxe cruises, you can still have a great time on a small-to-nonexistent budget (my family certainly did). Although travelling members of the family will have to pay transportation and accommodation costs, setting a date as far in advance as you can and spreading the word will allow them more time to find deals on anything from airfare to hotel rooms. Potluck meals or pizza parties, gathering at public parks (be sure to pick a rain date), or even holding the reunion at a family member's home are all ways to keep costs down.

REUNION DAY

Hurray, the day has arrived! Time to roll out your plans. One last thing to consider is a tip from Doug O'Neill, our executive editor, who has been to his fair share of reunions: "If it's a fairly large family reunion, you're bound to get new members – who've recently married into the clan – and long-lost relatives who've driven up from New Brunswick." Doug suggests appointing greeters – the extroverts of the family might relish this task – to welcome the newbies.

Finally, enjoy. Big or small, luxurious or down-home, reunions are a chance to celebrate what's important in life: family. ■

DOS AND DON'TS

- Do consider holding the event near a common family home or homestead, if applicable to your family. People enjoy revisiting their past.
- Don't forget about photography, videography and decorations.
- Do make sure children are under the supervision of a group of adults at all times, especially if you are near water (in fact, assign specific kids to each adult).
- Do honour your heritage and history, be it through food or activities such as storytelling or arts and crafts.
- Don't take the decision to serve alcohol lightly.
- Do encourage mapping out the family tree during the event – what better setting could there be?
- Don't resent others who don't do as much as you do, or it will ruin your day. Let it slide, says Steen-Turkington.
- Do keep the reunion going after the event by posting photos on your website or sending out a newsletter.

"We have the Clarence-Margaret platter. It's a basic ceramic platter with the names of our great-grandparents, the two folks who started this clan. The names of each of their seven children are painted on this plate. Each year, we draw a name out of a hat and one family member gets to take the platter home – but must use it on a regular basis. It's not meant to sit untouched in the china cabinet. It's practical. Just like my pioneering great-grandparents who came to this country with few extras. If it gets chipped, it's chipped. It's a platter well-lived. Like our great-grandparents, it has a life well-lived."

– Marg Johnson, Ottawa

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Takes the Cake!

Mom's antique cake stand brings back sweet memories.

BY PATTI SHALES LEFKOS

We are children of summer. My brother was born in July, I'm an August Leo, and my sister often celebrated her early-September birthday before the sad drive from the cottage back to Toronto to return to school. And every summer, whenever I walked past the pedestal cake stand sitting on a cottage kitchen shelf, I had to smile. That one piece of antique glass never failed to conjure up heartwarming images that caused me to salivate. Even now, I can picture Mom's chocolate layer cake, adorned with White Mountain icing, creamy peaks drizzled with streaks of bitter dark chocolate.

Not only was making a cake from scratch labour-intensive in a cottage without running water, but that icing was a killer. Mom would stand in the tiny kitchen, tanned, fit and freckled in shorts and a halter top, beating egg whites. She would hover over a saucepan of boiling sugar, corn syrup and water until it formed a six-inch thread from a spoon, then, with the beaters running, she'd pour the sugar mixture in a thin, steady stream until stiff, glossy peaks formed.

Heaven help you if you interrupted her during this procedure. If the beaters weren't in pristine condition, if there was any egg yolk within 10 metres, or the mixing bowl wasn't glass, the egg whites wouldn't peak – and she would need to start again. Mom's battle-torn Betty Crocker cookbook said the icing was light, fluffy, delicious, fat-free and moistened the cake. It didn't mention that the recipe required infinite patience. But it was our favourite, so Mom lovingly produced it for all of our birthdays.

Still, it wasn't just the cake or the icing. Mom knew that presentation was everything, so the cake stand completed the package. Mom had a talent for making even the simplest occasion a memorable family event. The beloved green glass family heirloom, manufactured by Adam's Glass Co. in Pennsylvania around 1880, was bequeathed to her by her maternal grandmother. On that stand, desserts somehow looked more elegant, elevated to a higher level.

During our late teens and early 20s, my siblings and I had summer jobs in the city, so Mom brought the stand home to Toronto. We nearly lost it at my brother's surprise 21st birthday party. During a raucous chorus of "Happy Birthday," one of his friends carried in the traditional candlelit confection. As she placed it on the table, we saw too late that she was carrying it by the plate, not the stand. The pedestal caught the edge of the table, sending the sticky concoction on a sideways slide. Not one to waste a good cake, without batting an eye, Mom deftly scooped it back upright. The party continued, the cake stand intact.

The honoured keepsake now sits on the sideboard in my cottage, along with my self-imposed responsibility to carry on tradition. I'm not a mom but an aunt, with eight nieces and nephews and 14 in the next generation, many with summer birthdays. The pressure is on. I've got the cake stand. I've found the icing recipe. Now, if I could only find Mom's culinary skill and patience. ■

That one piece of antique glass never failed to conjure up heartwarming images that caused me to salivate.

PATTI SHALES LEFKOS, a freelance writer, avid skier and white water canoeist, is determined to bake the traditional cake for her siblings this summer.

ILLUSTRATION, ANNE VILLENEUVE

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sit

down for a moment. We've got some exciting news. There's been a development in dog food that may change what you're feeding your dog. New Natural Defense™ premium food for dogs is made with the help of Mother Nature herself. With ingredients from nature, chosen for their scientifically proven benefits, it's a great way to proactively protect and defend your dog's health. With natural extracts like marigold, myrtle, green-lipped mussels and chicory, plus vitamins, minerals and other trace nutrients, it's a proactive approach to your dog's health. Eating right today for a healthy dog tomorrow. It's a good idea no matter where you're sitting.

Ask more from your dog food.

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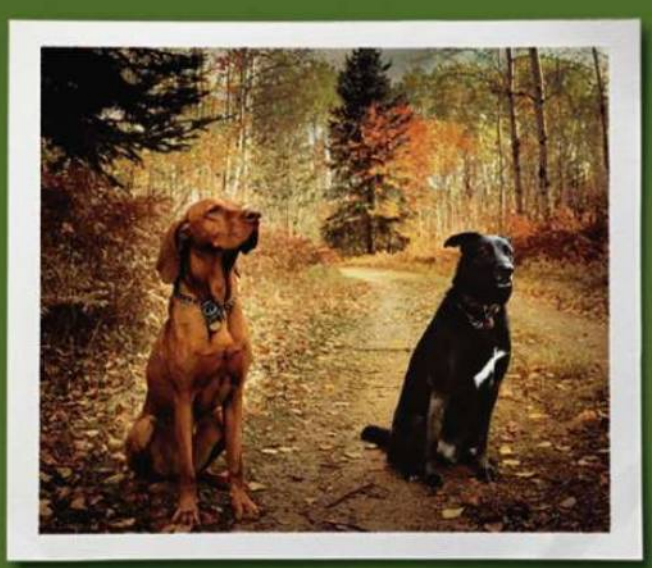

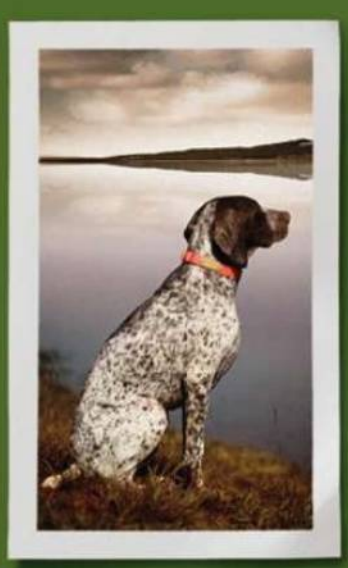

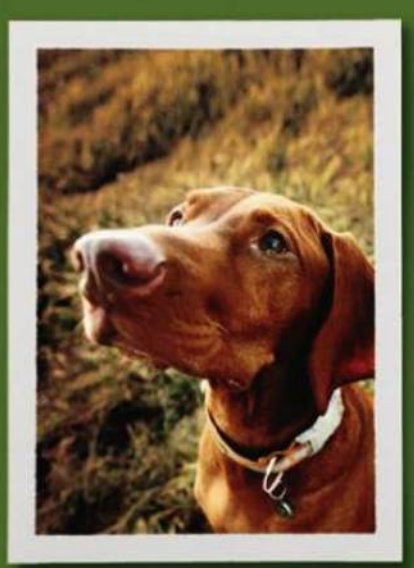

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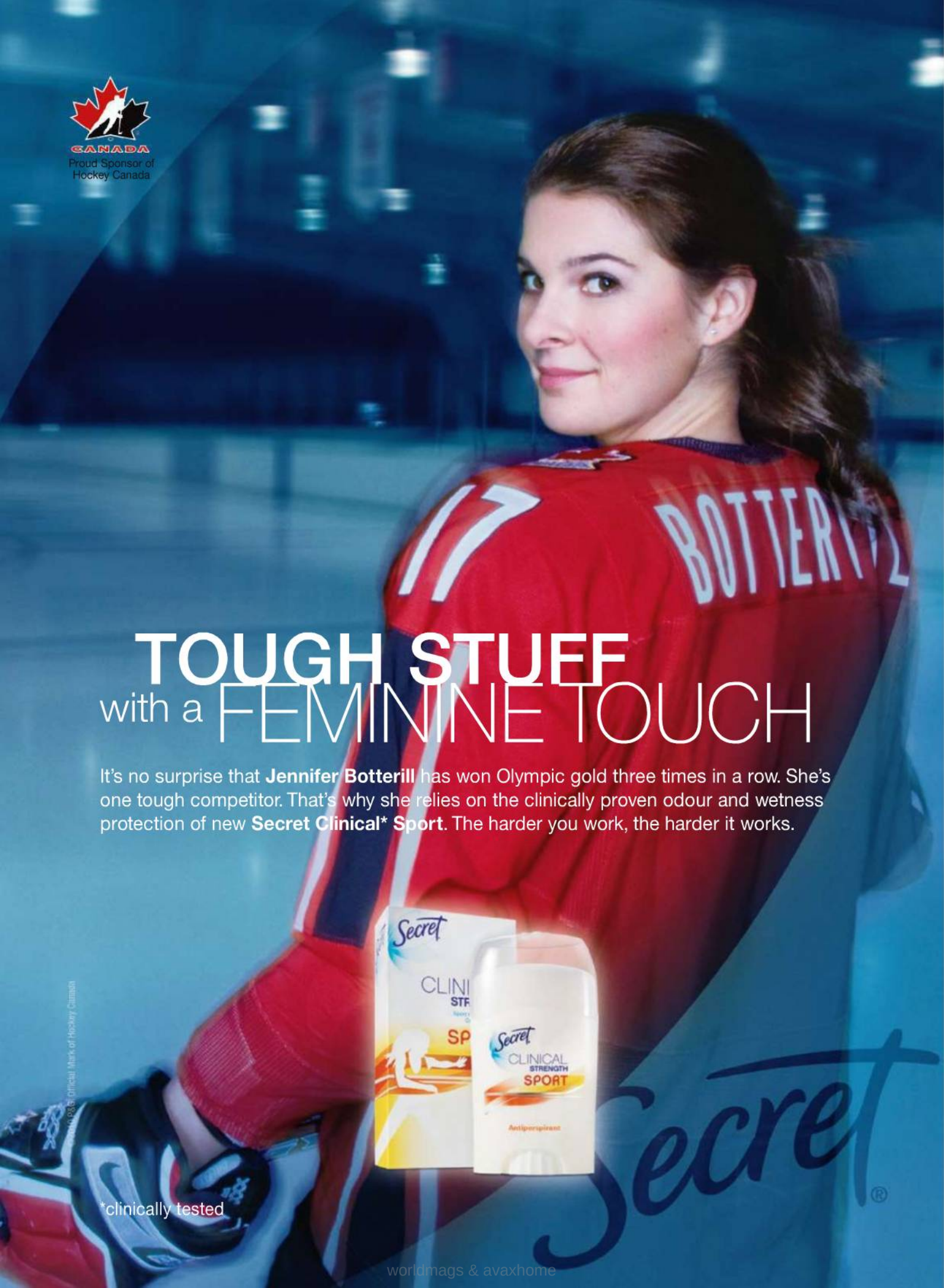

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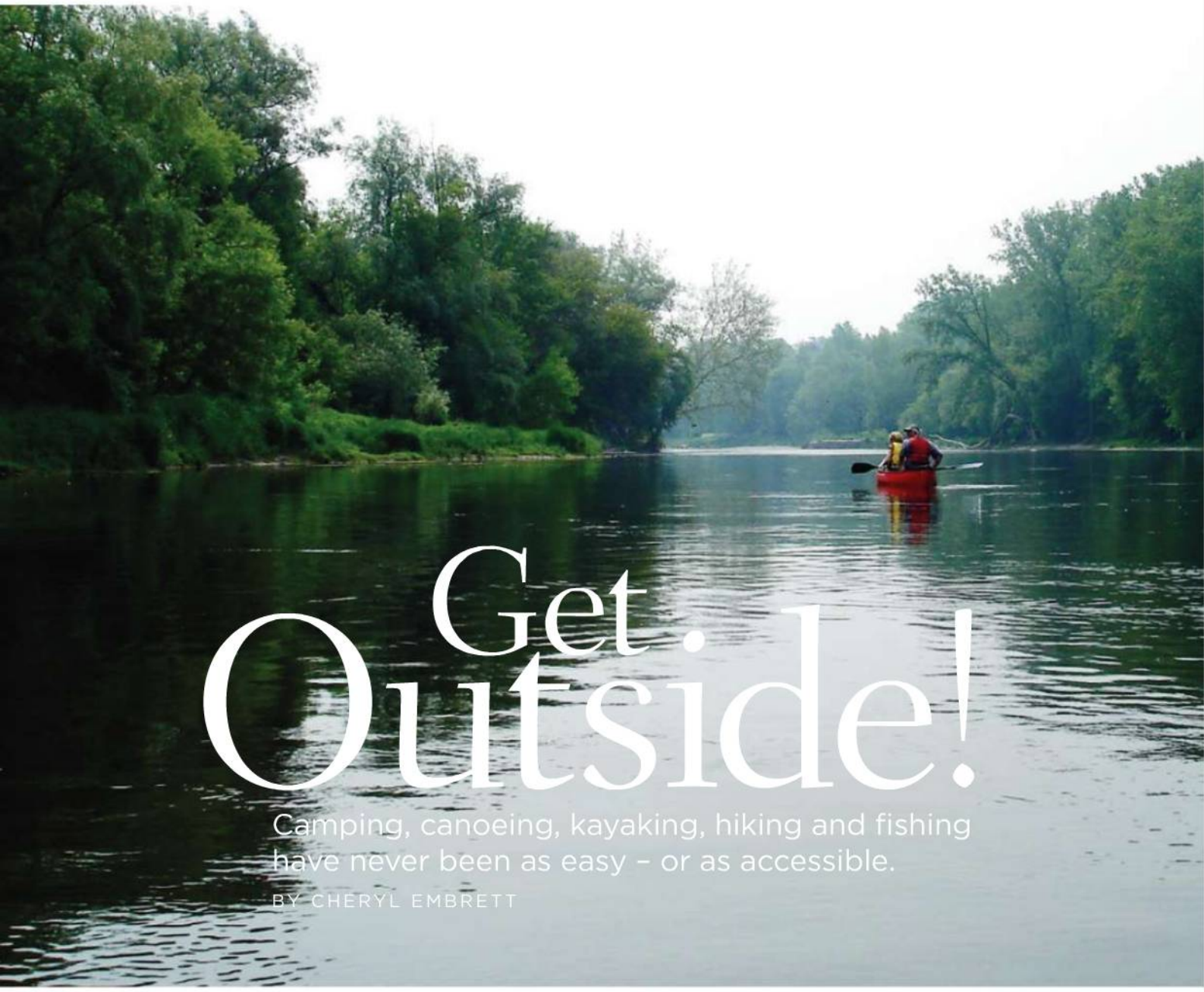

Get Outside!

Camping, canoeing, kayaking, hiking and fishing have never been as easy – or as accessible.

BY CHERYL EMBRETT

PHOTOGRAPHY, COURTESY OF HERITAGE RIVER CANOE AND KAYAK CO.

When my daughter, Scotia, turned nine, I decided it was time to introduce her to the great Canadian experience: camping. There were just a few minor glitches. We didn't own sleeping bags, let alone a tent, and my husband was reluctant to invest in what he thought would be a one-off. I couldn't blame him – Scotia hated bugs, snakes and the thought of sleeping outdoors with them almost as much as my hubby hated the thought of setting up and taking down a campsite.

Then I read about a "turn-key camping" experience offered at Beausoleil Island in Georgian Bay, Ont. The first sentence sold me: "All equipment and activities included in the cost, from pickup to preassembled luxury campsites to hikes, canoeing and campfires."

In early September, we boarded a boat with sleeping bags (our one modest investment), warm pajamas and a cooler full of food. As soon as we docked, we spotted the tents, nestled into the pine and granite »

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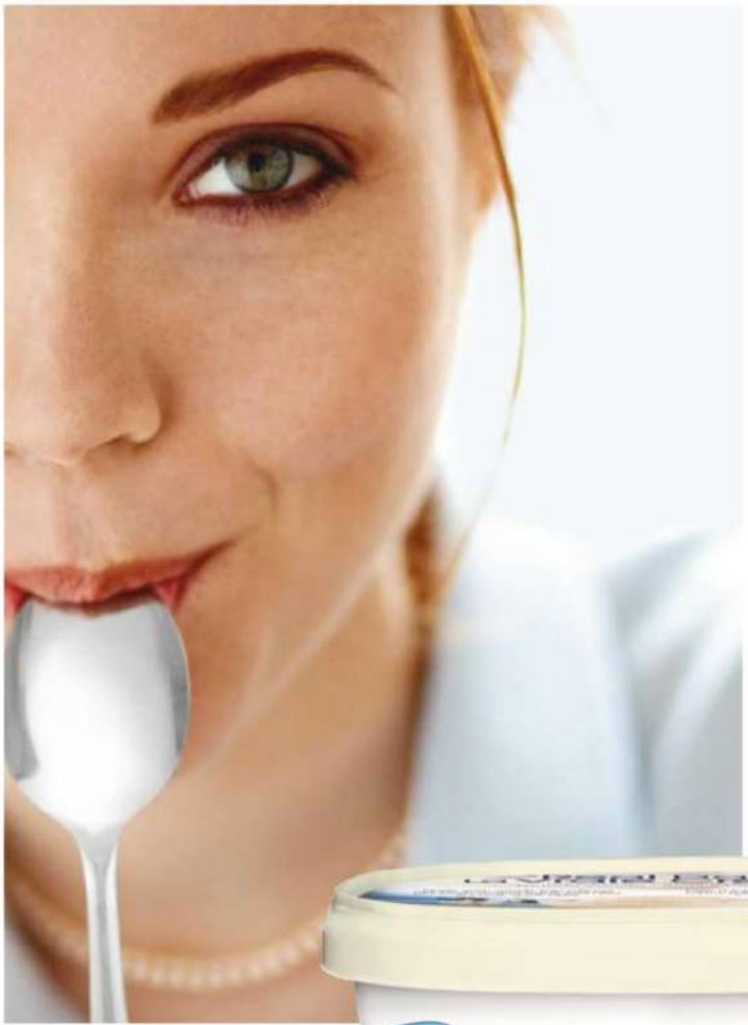

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Good Food, Good Life

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Group of Seven scenery. "They're humongous!" my daughter yelled, racing up the path to check out the accommodations. Our home-away-from-home was the camping equivalent of a five-star hotel: a king-size bed (OK, two twin-size camp beds raised off the ground, pushed together and topped with an air mattress), a table, chairs and lantern. Outside on the deck – yes, deck! – were two comfy chairs that looked out over the water.

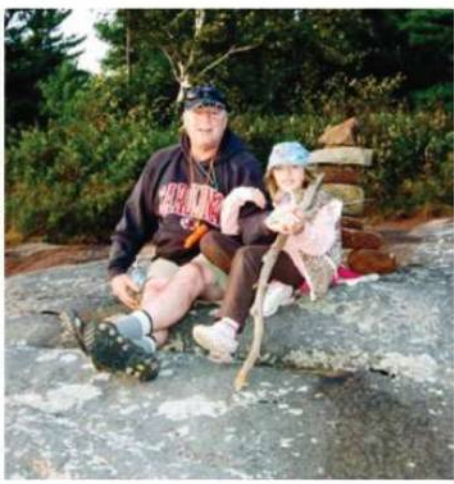
While we settled in and met our fellow campers, our two on-site guides, Scott and Chris, stocked the outdoor kitchen shelter and started preparing a pasta dinner. We dined alfresco overlooking the bay and watched the sun set. Later that night, as we toasted marshmallows and made s'mores around the campfire, Chris showed the kids how to find their favourite constellations. My daughter was so enthralled, she barely noticed the mosquitoes.

The next morning I woke to the smell of freshly brewed coffee and the cry of loons. I slipped out of bed for an early morning paddle and when I returned, I found Scotia and her dad in the camp kitchen frying up ham and eggs over a kerosene stove. This is a kid who can barely work the toaster at home! I've never had a better breakfast.

My girlie girl happily accompanied us on hikes around places like Fairy Lake and Honeymoon Bay, and didn't even jump when Chris pointed out a massasauga rattlesnake. We left, reluctantly, at noon on Sunday with an empty cooler and a lot of memories. My favourite is the one of my plucky little camper leading the way to the outhouse at 2 a.m., flashlight in hand. Chris had warned us about a rogue bear somewhere in the area and I asked Scotia, nervously, if she was just the teensiest bit afraid, too. "Who cares about the bear, Mommy," she said. "I have to pee." As we raced back to the warmth and safety of our tent, she told me proudly that camping had made her "a whole lot braver." As soon as we arrived home, I booked it again for next year.

let's talk

YOU TELL US
Share your stories, photos and videos about enjoying the great outdoors at canadianliving.com/august.



Above: Dan and Scotia do some father-daughter bonding while at the campsite, canoeing and hiking. (I was taking the pictures, of course!)

For more info on turn-key camping at Georgian Bay Islands National Park of Canada, visit pc.gc.ca/gbi. For other all-inclusive camping packages, check with your local provincial or national park.

PHOTOGRAPHY, COURTESY OF CHERYL EMBRETT

If camping isn't for you, check out hiking, canoeing, fishing or sailing instead.

HIT THE TRAILS

There are excellent hiking clubs operating on a volunteer basis. Some organize day hikes; many also offer overnight hikes during summer months. You don't need a car or an in-depth knowledge of a specific region. Check websites for specific rules and regulations. Tip: If you're catching a ride in someone's car, carry a pair of plastic bags to contain your muddy boots. »

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Using a sensitivity toothpaste?
You're not getting all the protection you want.

CLINICALLY PROVEN ACTIVE INGREDIENTS

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If you're using a sensitivity toothpaste, you're not getting the protection against tartar, plaque and gingivitis you want. Only Crest Pro-Health* toothpastes have clinically proven active ingredients that protect against sensitivity and all these areas dentists check most.

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CAVITIES | GINGIVITIS | PLAQUE | SENSITIVITY | TARTAR | WHITENING | FRESHENS BREATH

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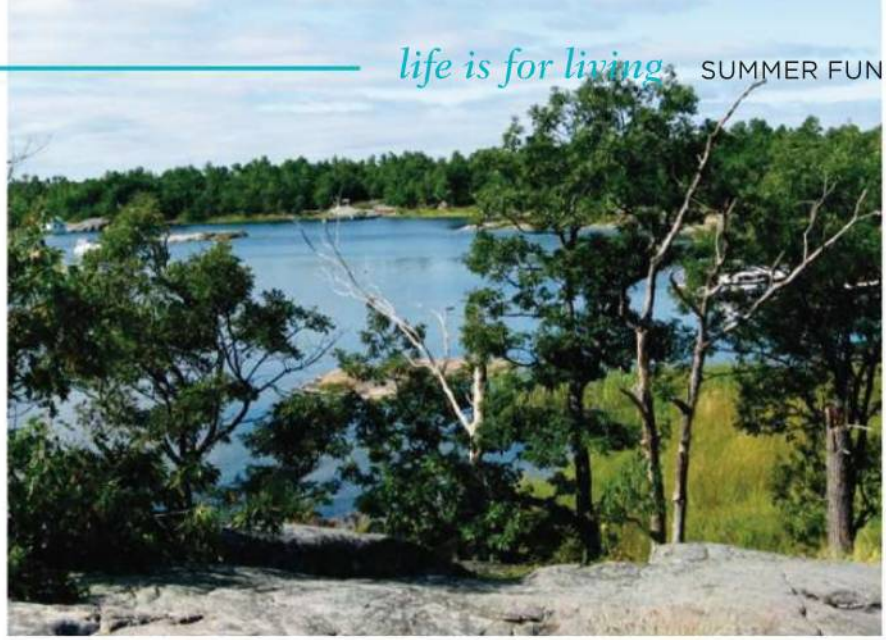

• **The Calgary Outdoor Club** (calgaryoutdoorclub.com) accommodates beginner and advanced hikers. The bulk of the hikes are in Kananaskis Country and Banff National Park (about a one-and-a-half-hour drive from Calgary), though some hike leaders take groups out to the Kootenay, Yoho and Jasper parks. Carpooling is the usual means of transport, and participants pitch in for gas.

• **The Bruce Trail Club** (brucetrail.org) organizes day hikes along the 894-kilometre trail, which extends across Ontario from St. Catharines to Tobermory. You can join one of nine member clubs to participate in hikes in your area. Some, like the Toronto branch, rent school buses for weekend day hikes; others rely on carpooling. A few clubs host urban hikes, which require no transportation – other than your feet.

• **Outdoor Enthusiasts Moncton** (oemoncton.homestead.com) offers a mix of hiking opportunities in New Brunswick. You could meet late Sunday morning for an easy 10-kilometre hike through Amherst Point Migratory Bird Sanctuary, or devote your entire Saturday to walking the Fundy Trail.

– Doug O'Neill

CANOEING: GO WITH THE FLOW

So you have limited (or perhaps no) experience with a canoe, don't own one, and can't tell a J-stroke from a backstroke? No worries. Experienced outfitters across the country offer lessons on paddle strokes and water safety, and will rig you up in a canoe with an experienced leader. Get paddling!

• **At Deep Cove Canoe and Kayak** (deepcovekayak.com), in Indian Arm, B.C., you'll find introductory programs, kids' lessons and navigation skills training – all only 30 minutes from downtown Vancouver. Guided outings will bring you up close to harbour seals, eagles and other wildlife.

• **Paddle along the peaceful Grand River with the Heritage River Canoe and Kayak Company** (heritageriver.com), based in Brantford, Ont. Adam and his team provide basic instructions or even two-day canoe workshops. One popular excursion is the Paris-to-Brantford trip; vans shuttle you and the canoes back to the starting point at the end of the day. All equipment is available for rent, including life jackets.

• **Harbourfront Canoe and Kayak Centre** (paddletoronto.com) offers urbanites the chance to canoe and kayak off the shore of Lake Ontario, without leaving the city. Classes and outings are offered on weeknights, as well as during the day and on weekends.

– D.O. »

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Break the habit of artificially sweetened powders.

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GONE FISHIN'

You may not know your Doc Spratleys from your Tom Thumbs, but you can still experience the thrill of the catch. Knowledgeable outfitters across the country will help you tie one on (bait, that is) and reel in a big fish.

- **Check out Upper Oxbow Outdoor Adventures** (upperoxbow.com), located in Sillikers, N.B., on the banks of the Miramichi River. Dale and Debbie will introduce you to salmon fishing with a package that includes four hours of professional guidance, the use of fishing gear (waders, rod, reel, line and flies), a fishing licence and even a salmon dinner.
- **Fishpot Lake Resort** (fishpotlake resort.com) in Quesnel, B.C., is a family fishing resort where you can "book and hook" for a day or a week. The reserve is restocked with 5,000 rainbow trout yearly, so there's a good chance of catching a three- to four-pound frying-pan-size fish for dinner (you can also smoke your catch to take home).
- **During National Fishing Week** (nationalfishingweekcanada.net), newbie anglers of every age can get outdoors and reel in some fun with free family fishing events from coast to coast. At Toronto's High Park event at Grenadier Pond, for example, volunteers share their fishing know-how, along with rods, reels, tackle and bait.

SAIL AWAY

You don't have to own a boat to get out on the water. Many clubs will help you go from landlubber to seafarer at a very reasonable cost.

- **Scarborough Bluffs Sailing Club** (sailingclub.on.ca) offers sailing lessons on Lake Ontario to nonmembers. Once you've honed your skills, you can join as a trial member at a nominal fee for the rest of the year and enjoy access to the fleet of sailing dinghies and lakeside club facilities.
- **Vancouver's Jericho Sailing Centre Association** (jsca.bc.ca) is home to the largest windsurfing school in Canada. It offers lessons to wannabe sailors of all ages and has a world-renowned sailing program for people with disabilities.
- **St. Mary's Boat Club** (halifax.ca/smbc), operated by the Halifax Regional Municipality, offers sailing programs on the picturesque Northwest Arm of the Halifax Peninsula for children 10 and older, and for adults on weekends and evenings. ■

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Bank on a Vacation

Easy ways to save for your next getaway

BY DOUG O'NEILL

Summer's here and a glance at your bank balance suggests the family trip to the Rockies isn't happening this year. Here's how to save for and finance a family vacation, be it a winter getaway or a summer vacation.

1. Get over the hump. "Nearly 80 per cent of Canadians say saving is too hard," says Carrie Russell, senior vice-president of personal deposits and payments at TD Canada Trust in Toronto. "But it doesn't have to be painful – putting smaller chunks of money aside on a regular basis is the best way to start." Both Russell and Margaret Richards, a personal financial planner with Richards Financial in Toronto, say it's important to develop a plan: Decide on a destination, get a total-cost estimate, figure out how long you have to save, and determine how much you can regularly put aside once you've factored in your income and expenses. "If you know a road trip will cost $2,000, and you and your partner have six months to save, consider putting aside $80 each pay period," says Russell. "It's easier than trying to come up with funds all at once the month before you go."

2. Don't go cold turkey. Cutting back on current expenditures is one way to fill the vacation coffers. "But if you cut out every pleasure in life, chances are you'll give up long before you reach your goals," says Richards. Cut back on certain items for a specific period of time. So instead of giving up Friday night pizza for the entire year, just have it on alternate weeks for the next six months.

3. Keep your vacation money safe. Keep your holiday savings in a separate account. "If you can get your hands on your money easily, you're more likely to spend it," says Russell. You and your partner can arrange automatic transfers into this savings account each payday. Some online banks, such as ING, may offer a savings premium. Ask your bank what it can offer. And remember, kids can contribute, too – it's a great way to teach them the value of money.

4. Sign up for a tax-free savings account (TFSA). Most banks now offer TFSAs, which allow you to save up to $5,000 per year. You can arrange an automatic transfer each pay period and withdraw cash when you need it. You can have one TFSA for a home-savings goal, and another strictly for your vacation savings.

5. Let debit work for you. Consider using it as an automated piggy bank. TD Canada Trust, for instance, has a system called Simply Save, whereby you put 50 cents to $5 into your vacation savings account each time you use your card. You can also remove the savings account option from your debit card so you don't see it. "When you're withdrawing cash or paying for a purchase," says Russell, "you won't be tempted to 'borrow' from your vacation savings account."

Visit canadianliving.com/august for 25 savvy tips on how to save money (and get stuff free) while travelling with your family. ■

TAKE THE $100 BLACK HOLE TEST

Financial planner Margaret Richards encourages clients to start by finding out where their money goes. Her strategy: Withdraw $100, then record every single expenditure you make with it. Once you have a record of how that cash was spent, you can pinpoint where and what you're willing to cut out, and which regular expenditures are negotiable based on what's important to you. "If going out to lunch three times each week is an absolute must for you, then look elsewhere. Can you live without that morning latte? Forgo cab rides? The key to saving is to change your behaviour," she says.

DOUG O'NEILL is the executive editor of *Canadian Living*. He's living without his morning latte.

PHOTOGRAPHY, THINKSTOCK/ISTOCKPHOTO

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say no to spilling. say no to leaving messy and annoying blue stains on your machine. say see ya to straining your arm just because you want to do a load of laundry. say no to messy, heavy, wasteful jugs.

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Life Matters

YAY, WE'RE HAVING A BABY! NOW WHAT?

The lines on your at-home pregnancy test confirm it – you're expecting! Now what? Here are three things you can do before the little one's arrival.

- **Spread the news.** Give your employer enough notice, especially if it's a job you want to go back to, but don't jump the gun. "I often suggest a woman waits until after her second trimester ultrasound so she knows everything is OK," says Dr. Elaine Herer, an obstetrician-gynecologist at Sunnybrook Health Sciences Centre and Women's College Hospital in Toronto and the editor of *Pregnancy Day by Day, Canadian Edition* (DK Canada, 2009). If you already have young kids, remember that nine months is a long time in their world. Give them a time frame – after the next major holiday or when the snow is here – to help put the lengthy wait into perspective.
- **Let your partner pamper you.** "Jewelry works well," jokes Herer. Make time as a couple, maybe for dinner out, but also make sure you get time to yourself (say, at the spa).
- **Nourish yourself.** Now is not the time to diet, but stay physically active, be it through walking or aerobics. Try to keep your heart rate lower than 140 beats per minute when exercising; once it gets that high, it's time to cool down. Get plenty of rest and stay hydrated. – *Wendy Graves*

CHECK OUT NO-INTEREST CARDS

The first halal payment card is now available across Canada. While the initial need to design the iFreedom Plus MasterCard came from the Muslim community (under Islamic law, paying interest is not halal, and so is a perceived sin), this prepaid, no-interest card is ideal for everyone. Holders load their own money (up to $6,000) onto the card, then spend it when they need to. "A lot of people view this as more stress-free shopping because they're actually using money they have rather than ringing up their credit card and getting a huge bill," says Omar Kalair, the president and CEO of UM Financial, which launched the card with MasterCard.

A supplementary card is available for kids 13 and up. This is a great tool for teaching your teens about managing their money. Soon parents will be able to monitor their teens' spending by opting to have a text message sent to them anytime a transaction is made with the card. Find out more at ifreedomplus.com.

– *Wendy Graves*

PHOTOGRAPHY, JUPITERIMAGES/THINKSTOCK (RIGHT)

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Digital Cameras

test driven

Tip: Summertime generally means more outdoor activities for families. For parents, this means being extra-vigilant, to keep kids safe and healthy, especially around pools and lakes, even in shallow areas.

SAMSUNG ST 550, $400, features a children's mode, in which a fun animation makes kids smile for the camera, and Smart Face Recognition, which lets you search for people within your albums.

THE VERDICT

"It's easy to use and takes clear, sharp pictures in all kinds of lighting – and the touch-screen feature is really impressive."

– Megan Morris, Midland, Ont., reader

CANON POWERSHOT SD1400 IS, $300, features a 28-millimetre wide-angle lens, a stabilizer that detects and corrects camera shake, and a connector for viewing pictures and video on your HDTV.

THE VERDICT

"This camera took really clear pictures quickly, and its settings were easy to use."

– Melissa Sundardas, intern

KODAK EASYSHARE M530, $130, allows you to share your photos and videos on YouTube, Facebook and Flickr with a click of a button.

THE VERDICT

"This sleek-looking little point-and-shoot is a definite score if you're a social media enthusiast on the go."

– Sarah Jane Silva, researcher

For shopping information, see page 140

let's talk

YOU TOLD US

Last month, we asked: Is it OK to regift an item you don't want or need?

- Yes, it's OK all the time. **29%**
- It's all right sometimes. **61%**
- It's never OK to regift. **10%**

NOW TELL US

How far in advance do you plan your family's summer vacation?

- As soon as I unpack from this year's.
- When the days get longer.
- I don't – it's spur of the moment.

Cast your vote at canadianliving.com/august. Results will appear in the September issue.

EDITOR'S PICK

What am I reading to my twin stepgrandchildren? *The Three Little Pigs: An Architectural Tale* (Abrams, 2009) by Steven Guarnaccia. In this retelling of the classic story, these creative pigs, with a flair for architecture and design, are inspired by the signature homes of three famous architects – Frank Gehry, Philip Johnson and Frank Lloyd Wright – and the interiors are filled with the celebrated furnishings of world-renowned designers.

– Karen Kwinter, editor-at-large, Fashion & Beauty

PHOTOGRAPHY, PAUL CHMIELOWIEC (BOTTOM)

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Introducing cauliflower that tastes like KD.

The great thing about new Kraft Dinner Smart macaroni and cheese isn't that it's made with a blend of cauliflower and wheat.

Nor the fact that it has ½ a serving of veggies in every helping*.

Nope. The great thing about new KD Smart? It has the same great taste as original KD.

So your kids won't even know they're eating vegetables.

KDSmart.ca

* Every helping of KD Smart is 50 grams, ¾ cup prepared and has ½ a serving of vegetables (cauliflower).

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Something alien to the world of multigrain.
Taste.
© P&G 2010
New
stacked with taste
Pringles
multi grain
truly original
Everything pops with Pringles Multigrain.

Good Migrations

Celebrate the annual monarch butterfly migration by making a few bright beauties of your own.

DESIGNED BY CAROL KNOWLTON-DORITY | TEXT BY AUSTEN GILLILAND

PHOTOGRAPHY BY EDWARD POND

Catch some sun with this Butterfly Window Decoration

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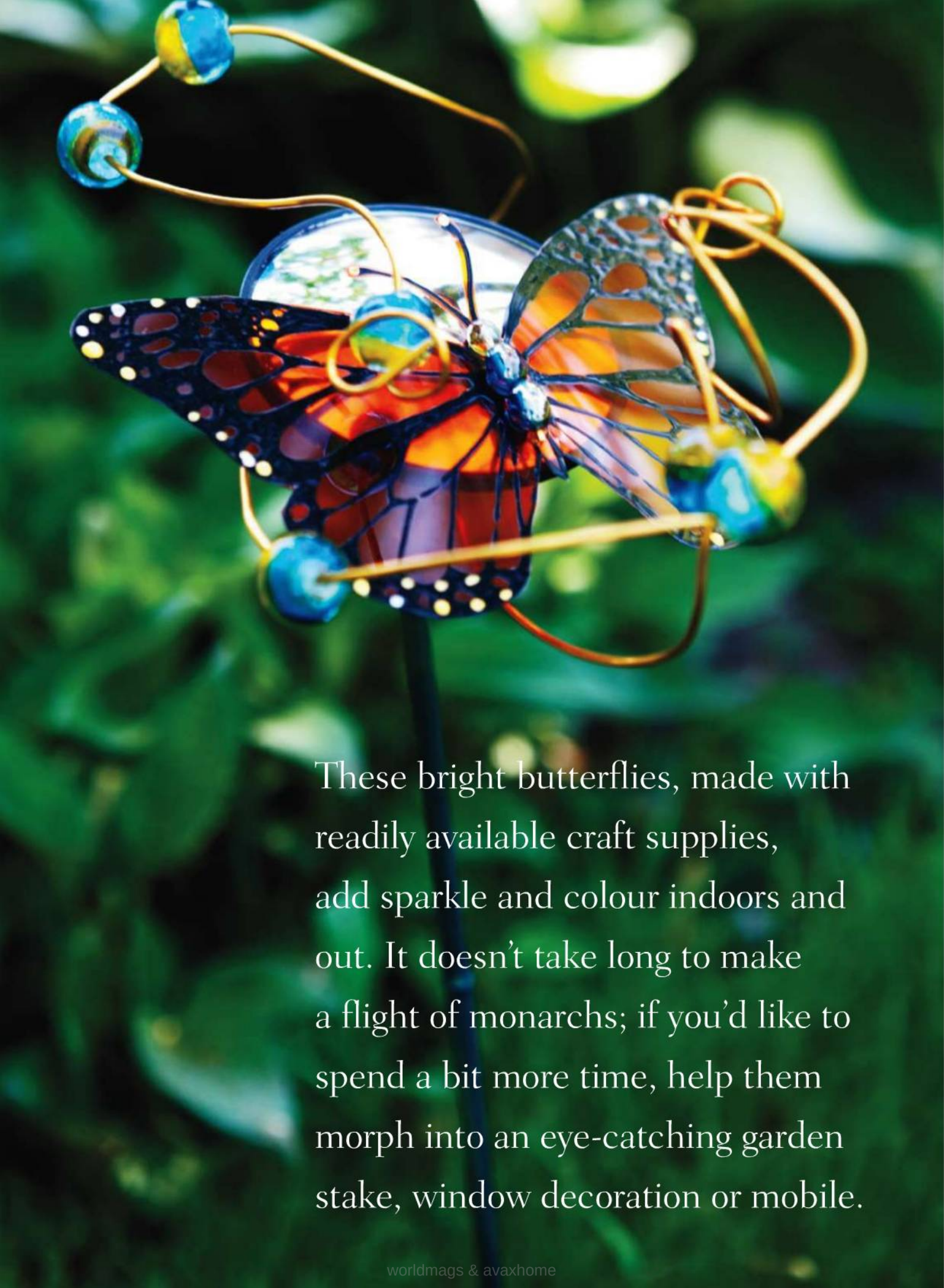

These bright butterflies, made with readily available craft supplies, add sparkle and colour indoors and out. It doesn't take long to make a flight of monarchs; if you'd like to spend a bit more time, help them morph into an eye-catching garden stake, window decoration or mobile.

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MONARCH BUTTERFLY

YOU NEED:

Butterfly template (available online at canadianliving.com/august)
1 sheet (23 x 30 cm/9- x 12-inch) **orange acetate**
Masking tape
Black water-based repositionable paint such as Pebeo Arti'stick, or black felt-tipped permanent marker
Gold, yellow or **white water-based repositionable paint** (optional)
Small sharp scissors
Feathers, beads, buttons or **wire** (optional)

TO MAKE:

1 | Download and print butterfly template. With masking tape, secure butterfly template to work surface. Tape acetate sheet over template.
2 | Beginning at upper left wing quadrant and working clockwise, trace outside edge of butterfly with black paint. Next, outline all interior wing segments, working from largest to smallest. Finally, use paint to fill in shaded areas on template. Repeat process in all four quadrants.
3 | Carefully remove tape; set acetate aside. Dry completely.
4 | With scissors, cut out butterfly, leaving a rectangular area around antennae intact. Cup wings in hand so butterfly is parallel to work surface. Cut out acetate between antennae, then cut around outside edges. It's fine to leave some acetate showing around each antenna.
5 | If desired, decorate butterfly using gold, white or yellow paint (see photo), allowing paint to dry completely before use. Or use feathers, beads, buttons or wire to add further decoration.

PHOTOGRAPHY, PAUL CHMIELOWIEC (TOP)

BUTTERFLY GARDEN STAKE

YOU NEED:

40 cm (16 inches) **20-gauge wire**
1 **balloon cup**
1 m (40-inch) **green bamboo garden stake**
Craft glue
Monarch Butterfly (see instructions, this page)
Convex car mirror (approx. 10 cm/ 4-inch diameter)
2 m (80 inches) **copper-coloured wire**
Wire cutters and **needle-nose pliers**
Duct tape (approx. four 8 cm/ 3-inch lengths, cut into 1 cm/ ½-inch widths)
Floral tape (optional)
Low-temp glue gun
Blue-green glass beads: 6 large for wire, 3 small for butterfly body

TO MAKE:

1 | Using 20 cm (8-inch) length of 20-gauge wire, attach balloon cup to garden stake by winding wire through the neck of cup, leaving two ends free; push free ends into centre hollow space of garden stake. Tilt cup on 45-degree angle.
2 | Using craft glue, affix butterfly to surface of mirror, positioning butterfly head in lower third of mirror (see photo, page 92).
3 | Using wire cutters, cut copper wire into three lengths: 35 cm (14 inches); 45 cm (18 inches) and 64 cm (25 inches). Insert wire horizontally through cup (below rim), and secure end to garden stake using duct tape. Repeat with second and third lengths of copper wire, spacing evenly around cup. Twist 20 cm (8-inch) length 20-gauge wire around duct tape to reinforce; overwrap with duct tape, then floral tape if desired.
4 | Using glue gun and applying glue generously, glue mirror to top of balloon cup. Let glue dry.
5 | One at a time, pull copper wires up and bend around mirror. String beads onto copper wire, distributing evenly and using pliers to bend wire slightly to hold large glass beads in place. Curve and twist wires until as desired (see photo, page 92).
6 | Using small amount of hot glue, adhere small glass beads to butterfly body as shown. ■

For Window Decoration (page 91) and Mobile (above) instructions, visit canadianliving.com/august.

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One Table, Two Looks

Two ways to dress up your picnic table, one playful, one pretty

BY KAREN KIRK

PHOTOGRAPHY BY EDWARD POND

CASUAL & ARTSY

GLITTER CREDITS...

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GARDEN PARTY

Inexpensive glass chargers and dinner plates have a clean look that's perfect for daytime or evening dining. Sandwich posies and leaves snipped from the garden between the charger and the plate for an eye-catching, unique look (no one will know how easy it was).

Serve beverages in lidded jars to prevent insects from diving in.

Dress the table with a crisp white tablecloth and a colourful runner (we used a shimmery drapery panel). This sets an elegant tone.

Inexpensive paper fans cool down guests on steamy summer days and nights, and help keep insects at bay.

Make use of indoor pieces for the outdoor table. These lovely glass tea light lamps with fabric shades coordinate beautifully with the glass place settings. Pink glass votives pick up on the colours of the table runner and flowers.

Roll up a cloth napkin. Wrap a leaf around it and secure with a pearl-headed florist's pin. Tuck a flower or sprig of greenery under the leaf to finish off this polished place setting.

Invite your guests to linger by providing comfy cushions. Add a light blanket for chilly evenings.

Check out our video on how to recreate our pretty place setting at canadianliving.com/august.

For shopping information, see page 140

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Cottage gardens are admired for their lush tumble of flowers and warm, welcoming mood, in which the house as well as the garden play a role. Here in this Toronto garden, deep maroon hollyhocks *(Alcea rosea)*, white and pink cleomes *(Cleoe hasslerian)*, purple annual clary sage *(salvia viridis)* and marigolds grow among kale.

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City House, Cottage Garden

Create a welcoming profusion of blooms for your front yard.

BY LIZ PRIMEAU

Above: A fairy-tale house is tucked between two larger ones in Dundas, Ont. Its owner has fittingly dubbed it Mole End (from *Wind in the Willows*), and planted gold and yellow flowers in the garden to complement the exterior colour scheme of the house.

A GOOD COTTAGE GARDEN is an irresistible package of colour, scent and atmosphere. There are a few rules to observe when creating one, but at its heart a cottage garden should look as if it just grew. It's informal, sensual and small, sometimes even tiny, but above all, like this warm and welcoming Dundas, Ont., garden (above), it reflects the personality of its owners. »

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HOUSE

- An ancient thatched roof would be the ideal foil for a cottage garden, but gingerbread woodworking runs a close second.
- Stucco and clapboard fit the cottage style. Brick, especially painted brick, also maintains the casual look.
- House and trim colours are important to the overall effect. They should blend with the garden's colours, or boldly beckon the eye.

MATERIALS

- Informal paths and driveways look best. Use crushed tile, gravel or limestone screenings, or randomly placed flagstone, cobblestone or old brick. Packed earth or wood chips also fit the style.
- Fences and gates (originally used to keep in goats and chickens) are part of the cottage tradition. Use split rails, weathered or painted pickets, or woven willow.
- River pebbles, rocks, seashells or shingles make good edgings.

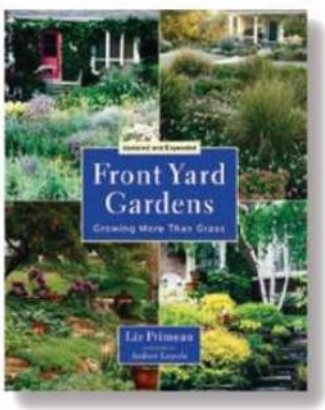
ACCESSORIES

- Choose wicker, willow, wood or worn metal furniture. Most important: be sure it's comfortable.
- Statuary is seldom seen in cottage gardens.
- Use clay pots, bushel baskets or old tin cans as planters.
- Make plant supports of twigs tied together like teepees and arbours of sturdy peeled poles.

PLANTS

• Spring

Alpine forget-me-not *(Myosotis alpestris)*
Basket-of-gold *(Aurinia saxatilis)*
Bistort (*Persicaria bistorta* 'Superba')
Bleeding heart *(Dicentra)*
Canterbury bells *(Campanula medium)*
Clumps of crocus (*Crocus ancyrensis, C. sieberii* 'Firefly', *C. vernus* 'Joan of Arc')
Columbine *(Aquilegia)*
English daisy *(Bellis perennis)*
Moss phlox *(Phlox subulata)*
Naturalized daffodils (*Narcissus* 'Avalanche', 'Jetfire', 'Pipit', *N. poeticus var. recurvus*)
Pansies *(Viola x wittrockiana)*
Pennyroyal *(Mentha pulegium)*
Primrose *(Primula)*



Text and photos used with permission from ***Front Yard Gardens: Growing More than Grass,*** second edition (Firefly, $24.95) by Liz Primeau; photography by Andrew Leyerle.

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Opposite page, left: Pink cosmos, sunflowers and French marigolds offer a sunny greeting from this Toronto house.
Opposite page, right: A flowery beacon on a Mississauga, Ont., street, a profusion of long-blooming pale pink 'The Fairy' roses and yellow Asiatic lilies are underplanted with pansies and deep pink petunias along a white picket fence.

Pussy toes *(Antennaria dioica)*
Rock cress *(Aubrieta)*
Snowdrops *(Galanthus nivalis)*
Species tulips *(Tulipa tarda, T. sylvestris, T. biflora, T. pulchella, T. humilis)*
Violets *(Viola)*

• Early to Mid-Summer

Annual poppies: opium poppy *(Papaver somniferum)*, Flanders poppy *(P. rhoeas, P. commutatum)*
Baby's breath *(Gypsophila paniculata)*
Bloody cranesbill *(Geranium sanguineum)*
Dwarf goatsbeard *(Aruncus aesthusifolius)*
Lemon daylily *(Hemerocallis lilioasphodelus)*
Love-lies-bleeding *(Amaranthus caudatus)*
Old roses *(Rosa alba, R. bourbon, R. centifolia, R. damask)*
Oxeye daisy *(Leucanthemum vulgare)*
Peach-leaved bellflower *(Campanula persicifolia)*
Sweet or dame's rocket *(Hesperis matronalis)*
'Whirling Butterflies' gaura *(Gaura lindheimeri* 'Whirling Butterflies')
Yarrow *(Achillea)*

• Late Summer to Fall

Angelica *(Angelica gigas)*
Anise-hyssop *(Agastache foeniculum)*
Black snakeroot *(Cimicifuga racemosa)*
Boltonia *(Boltonia asteroides)*
Castor bean *(Ricinus communis)*
China aster *(Callistephus chinensis)*
Cupid's dart *(Catananche caerulea)*
Four o'clock *(Mirabilis jalapa)*
Hollyhock *(Alcea rosea)* »

This page, left: In Montreal, white foxglove, purple hybrid salvia, California poppies and red snapdragons fill this front yard with colour.
This page, right: In Oakville, Ont., this house and garden feature planter boxes overflowing with purple petunias and a rock garden filled with boxweed *(Buxus)*, creeping pink baby's breath *(Gypsophila repens)*, cerise impatiens and blue bellflower *(Campanula)*.

Are you proud of your garden? Visit canadianliving.com/august to find out how to share a photo or video of your fabulous garden.

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Lavatera (*Lavatera trimestris*)
Mexican sunflower (*Tithonia rotundifolia*)
Monkshood (*Aconitum*)
Morning glory (*Ipomoea*)
Pearly everlasting (*Anaphalis margaritacea*)
Rose mallow (*Hibiscus mosheutos*)
Stock, gillyflower (*Matthiola incana*)
Sunflower (*Helianthus annuus*)
Valerian (*Centranthus ruber*)

• **All-season annuals**
Calendula (*Calendula officinalis*)
California poppy (*Eschscholzia californica*)
Catchfly (*Silene*)
Clarkia or godetia (*Clarkia*)
Corn cockle (*Agrostemma githago*)
Cornflower, bachelor's buttons (*Centaurea cyanus*)
Cosmos (*Cosmos*)
Flowering tobacco (*Nicotiana sylvestris*)
Heliotrope (*Heliotropium arborescens*)
Larkspur (*Consolida ajacis*)
Love-in-a-mist (*Nigella damascena*)
Painted tongue (*Salpiglossis sinuata*)
Sweet pea (*Lathyrus odoratus*)
Zinnia (*Zinnia*)

HERBS

• Herbs are important members of cottage gardens. Choose decorative varieties such as these.
Bronze fennel (*Foeniculum vulgare* 'Atropurpureum')
Bush basil (*Ocimum basilicum minimum*)
Curled parsley (*Petroselinum crispum*)
Dill (*Anethum graveolens*)
Garlic (*Allium sativum*)
Purple basil (*Ocimum basilicum* 'Purple Ruffles')
Rosemary (*Rosmarinus officinalis*)
Tricolour sage (*Salvia officinalis* 'Tricolour')
• Don't forget to include other ornamental edibles as edgings, such as coloured or textured greens.
'Red Sails' or 'Oak Leaf' lettuces
Purslane (*Portulaca oleracea*)
Ornamental kale (*Brassica oleracea var. acephala*) ■

LIZ PRIMEAU is a gardening expert and writer. She was the founding editor of *Canadian Gardening* magazine.

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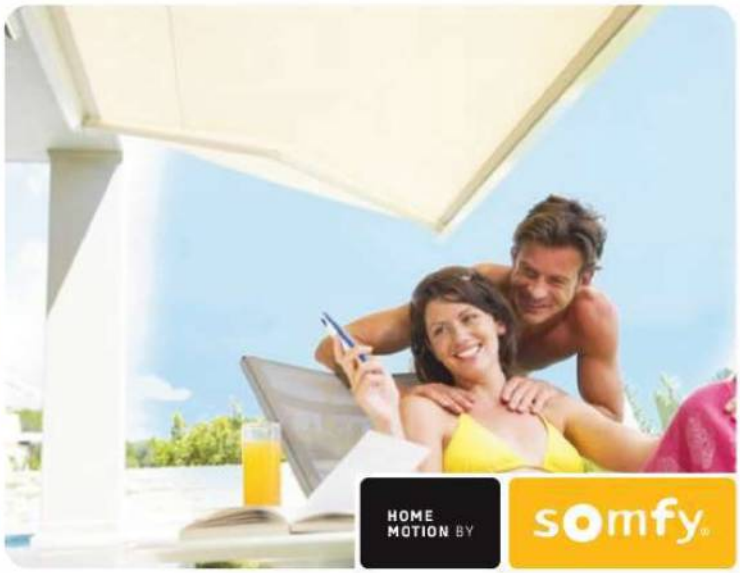

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Beasts, Begone

Just a few bucks will help keep your garden critter-free.

BY FRANKIE FLOWERS

In the dark of night as our gardens rest, they creep into our yards and take our harvest away. Who are these garden thieves? Deer, rabbits, raccoons, squirrels and other backyard pests. There are plenty of high-tech devices available to protect your garden from these invaders, but here are some low-tech ways to turn your opponents' keen senses against them.

SMELL. If something smells like a predator, most critters will run for their lives. Humans represent that threat for deer, so hanging bars of soap in nylon stockings from tree limbs in areas they frequent will help keep the deer away. To repel rabbits, you can place dog hair around your vegetable beds.

SIGHT. The sight – or perceived sight – of a predator is also effective at frightening off rabbits and small rodents. Placing a plastic owl near your prized plants may save them – but move the owl around during the growing season so the rabbits and rodents don't think the wise one is too lazy to swoop down on them.

TOUCH. Place a coarse mulch (such as beach stone) or even just a few stems of any thorny plant around your garden to encourage cats to find a litter box somewhere else.

TASTE. The U.S. Forest Service uses rotten eggs to stop deer from damaging plants. Better yet, others have successfully tried a mix of rotten eggs and hot sauce. Test a small area of your garden with a splash of a mixture of one rotten egg and one teaspoon of hot sauce diluted in one litre of water. If it works, the whole batch will cover a 250-square-foot area (reapply after rain).

A store-bought solution, Skoot, leaves a residual taste on trees and shrubs when applied in the late fall and will protect your garden during the winter months, when mice and moles can cause extensive damage.

SOUND. Radios, alarms and wind chimes are all sound strategies. However, while deer and other creatures may initially be frightened off by Jay Z, in a matter of weeks it will be their favourite dinner music, so you'll need to change up your playlist. For instance, try radio music at dusk and dawn (feeding time for deer) one month, the sound of an alarm the following month, and talk radio the next. You just might want to let your neighbours know what you're up to before you begin.

The good news is that many of these tips work on raccoons, too. By playing with predators' senses, you may just make your garden the most unpopular dining spot on the street. ■

FRANKIE FLOWERS
a.k.a. Frank Ferragine of Toronto's "Breakfast Television" and "CityNews" on Citytv

PHOTOGRAPHY, THINKSTOCK/ISTOCKPHOTO

FRANKIE'S FAB FIVE RABBIT- AND DEER-RESISTANT PLANTS

- **Daffodils:** A flowering perennial bulb (available in a wide variety) that's poisonous to most animals. Must be planted in fall. Hardiness zones vary.
- **Nannyberry:** A native flowering shrub with many seasons of interest, such as spring bloom, summer berry and fall colour. Hardiness zones 3 to 9.
- **Flowering dogwood:** A versatile plant with an early-spring flowering and late-season berries followed by fantastic fall colour. Hardiness zones 5 to 8.
- **Lenten rose:** Early-flowering, shade-loving perennial. Semi-evergreen and extremely hardy. Hardiness zones 4 to 9.
- **Eastern hemlock:** Evergreen native in most regions of Canada. Hardiness zones 3 to 7.

Gardeners beware: On very rare occasions, hungry deer and rabbits have been known to take a bite out of the above.

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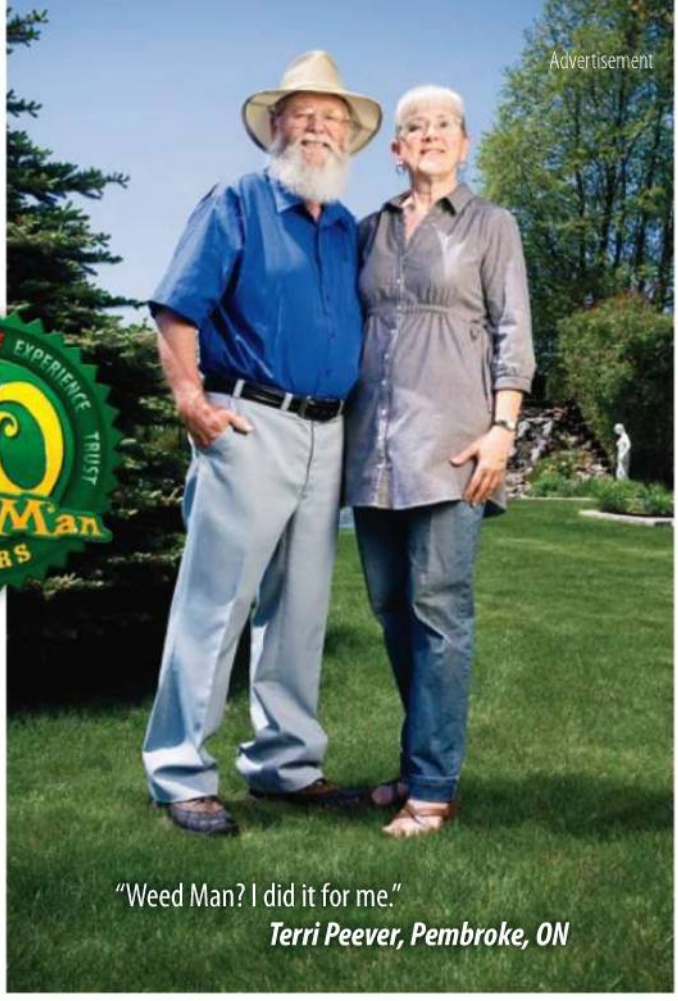

Town and country

When Terri lived in the town of Renfrew, Ontario, she began using Weed Man to control stubborn perennial weeds and improve her lawn's overall health and vigour. Terri was so impressed with the results that when she married Jack Peever and moved to the country sixteen years ago, she had no intention of giving up her famously lush, green grass.

But when it comes to lawns, country living presents special challenges: the air is laden with weed seeds, and you can't water the grass if you're on a well. But not to worry! Ron Ethier of Weed Man, Pembroke, designed a lawn care regime specifically tailored to meet the Peevers unique requirements. These days their garden is such a showpiece that they've even developed a sideline, and now rent it out for al fresco weddings!

Polyon CC: A Weed Man exclusive

Many homeowners don't realize that while their lawns are still in active growth over the summer months, they require food to sustain them. That's why at Weed Man, we only use Polyon CC, a revolutionary new way to deliver nutrients to your turfgrass. Unlike other products that rely on moisture to discharge a sudden flood of nitrogen, Polyon CC feeds your lawn gradually for up to three months through its thin, polymer coating. Polyon CC won't release plant food until moisture levels and soil temperatures are just right, working in concert with your turf's natural growth curve.

All stressed out?

During the hot, dog days of summer, lawns feel stressed out too: that's where revitalizing Acadian sea kelp from the Bay of Fundy comes in! Containing natural, beneficial plant hormones and micronutrients, Acadian sea kelp extract stimulates root development to help your grass cope with moisture and heat stress. It even boosts microbial activity, helping to eliminate thatch build up!

And the green goes on...

Polyon CC summer fertilizer and Acadian sea kelp are both part of Weed Man's new organically-focused Nature's Touch® lawn care program. Terri and Jack switched to Nature's Touch® last year, and haven't looked back since. For forty years, thousands of Canadians have experienced the Weed Man difference.

TO FIND OUT WHAT PROGRAM IS RIGHT FOR YOU, BOOK YOUR FREE HEALTHY LAWN ANALYSIS TODAY!

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Home Matters

EDITOR'S PICK

Dine alfresco with fun and colourful acrylic utensils designed for summer dining. Green 16-piece cutlery set, Dollarama, $2; sunflower salad servers, Winners, $4; green salad forks, HomeSense, $7; clear 16-piece place setting, Sheridan Nurseries, $30.

PHOTOGRAPHY, PAUL CHMIELOWIEC

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FIND AND DESIGN

Add a little whimsy to your garden with this unique flowerpot shelf – without digging out the toolbox.

YOU NEED:

- An old weathered exterior shutter or piece of weathered lumber, any length. (Flea markets and garage sales are great sources. We found an eight-foot shutter that worked just fine.)
- Three or four 12- to 15-inch-diameter terra-cotta pots, all the same height.

TO MAKE:

- Turn pots upside down on level surface on grass or patio.
- Space pots equally to suit length of shutter.
- Position shutter on top of pots, ensuring it's stable.
- Decorate with your favourite flowerpots and vintage garden accents.

DESIGNER'S NOTES:

- This shelf is not designed to function as seating.
- This project can be dismantled for winter storage in just a couple of minutes.

JUST ADD WATER

Water gardens are a great way to teach your kids about aquatic plant life right in your own backyard. Get them to help assemble this two-piece 16-inch-diameter Water Garden Kit for the patio from President's Choice. Each kit includes one container and one basket pre-planted with a variety of plants (three plant combinations are available) and can be assembled in three easy steps. Place the container in the desired location on the deck or in the garden, then fill the container with fresh water, submerge the planted basket and add a couple of goldfish to eat any mosquito larvae. In just a few days your water garden will bloom and will last all summer long. President's Choice, $30.

PHOTOGRAPHY, EDWARD POND (TOP LEFT; MIDDLE TOP AND BOTTOM)

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Garden Sprinklers

RAINFOREST SPRINKLERS, 36-INCH RISER SPRINKLER, $24.50, is the ultimate green sprinkler. Canadian-made from 100 per cent recycled plastic, its rainlike spray uses one-third less water than similar sprinklers. The 36-inch model is ideal for watering trees, shrubs, large gardens and lawns (up to 1,900 square feet), and comes in eco-friendly packaging.

THE VERDICT

"What I really loved about this sprinkler is that it's easy to use and you can control the coverage and pressure, so if you're watering a small area, it's gentle enough not to harm small plants and seedlings, but it can also be adjusted to cover a large area. This sprinkler is well made and I expect that I will have it for years."

– Eddy Vanderbrook, Toronto, reader

For shopping information, see page 140

MELNOR OSCILLATING SPRINKLER, $37.50, easily adjusts to cover up to 3,200 square feet, and features brass nozzles and a sturdy powder-coated aluminum base that comes with a lifetime warranty.

THE VERDICT

"Our newly landscaped backyard needed a sprinkler that could cover a long rectangular strip (54 by 67 feet) of grass and flowerbeds. This sprinkler did the trick, and even got into the corners. The aluminum base with brass jets is sturdy and it also looks good!"

– Theo Borg, Mississauga, Ont., reader

GARDENA MINIZOOM OSCILLATING SPRINKLER, $40, is a uniquely designed sprinkler great for smaller gardens and lawns. The spray is adjustable in width (20 to 39 feet) and range (13 to 39 feet) through selectable nozzles.

THE VERDICT

"I used it on a tiny patch of new grass in my yard, and the multiple range and spray settings were perfect for watering a small specific area."

– Lisa Fielding, copy chief

PHOTOGRAPHY, COURTESY OF LEE VALLEY TOOLS (MELNOR SPRINKLER)

DON'T THROW IT OUT

Q: I have a china bowl that I believe is Wedgwood Lustre and features a dragon pattern. The number Z4831 is stamped on the bottom. I have found a vase with the same colouring and number on the Internet and I'm curious to learn the value of the bowl. *– Sue Cuvaj, Burlington, Ont.*

A: Your exotic bone china Wedgwood bowl was designed by Daisy Makeig-Jones (1881–1945), renowned for her technical ingenuity and imaginative patterns. Her lustrous and brightly coloured designs of fairies in elaborate landscape settings, one of Wedgwood's top-selling lines, are the patterns most sought-after by collectors today, and prices can reach into the thousands of dollars. Chinese dragon-patterned K'ang Hsi bowls comparable to yours are worth between $300 and $500 each, depending on design and colour. Explore the history of these wares in the book *Wedgwood Fairyland Lustre* (Richard Dennis, 2006) by Una des Fontaines and watch eBay for similar examples. *– Conrad Biernacki, programs manager, Royal Ontario Museum, Toronto*

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CHICKEN
On the Grill

Five simple yet succulent recipes for hot-weather entertaining

BY CHRISTINE PICHECA & THE TEST KITCHEN

tested till perfect

Basic Brined Rotisserie Chicken

PHOTOGRAPHY, JODI PUDGE; FOOD STYLING, CLAIRE STUBBS; PROP STYLING, CATHERINE DOHERTY

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Cover Recipe

Lime-Grilled Chicken Breasts with Avocado Salsa

Prep: 15 minutes **Chill:** 30 minutes **Cook:** 6 minutes **Makes:** 4 servings

✻ Marinating and quick-cooking the chicken breasts keeps the meat juicy.

4 **boneless skinless chicken breasts**
⅓ cup (75 mL) **lime juice**
¼ cup (60 mL) **fresh coriander,** minced
¼ cup (60 mL) **extra-virgin olive oil**
2 cloves **garlic**
1 tsp (5 mL) **salt**
¼ tsp (1 mL) **pepper**
2 **tomatoes,** chopped
Half **red onion,** finely chopped
2 **jalapeño peppers,** seeded and finely chopped
1 tbsp (15 mL) **red wine vinegar**
1 **avocado**
Lime wedges

Cut chicken breasts in half to create 8 pieces. Pound each to even thickness.

In glass bowl, combine ¼ cup (60 mL) of the lime juice, 3 tbsp (45 mL) of the coriander, 2 tbsp (30 mL) of the olive oil, garlic and half each of the salt and pepper. Add chicken, tossing to coat. Cover and refrigerate for 30 minutes.

Meanwhile, combine tomatoes, onion, jalapeño peppers, vinegar and remaining lime juice, coriander, oil, salt and pepper. Peel and cut avocado into large dice; gently toss with salsa, without breaking up. Set aside.

Place chicken on greased grill over medium-high heat; close lid and grill until no longer pink inside, about 3 minutes per side. Serve topped with salsa and lime wedges.

PER SERVING: about 380 cal, 33 g pro, 23 g total fat (4 g sat. fat), 12 g carb, 5 g fibre, 79 mg chol, 655 mg sodium, 851 mg potassium. % RDI: 3% calcium, 9% iron, 8% vit A, 32% vit C, 31% folate.

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Basic Brined Rotisserie Chicken

Prep: 10 minutes **Chill:** 15 hours
Cook: 1 hour
Makes: 4 to 6 servings

✱ Brining is another way to ensure juicy meat and shiny, golden skin when cooking a whole chicken on the grill. Use these basic proportions for salt, sweetener and water as a guideline, then have fun creating your own brines with different herbs or citrus fruit instead of apple.

3 lb (1.5 kg) **whole chicken**
2 cups (500 mL) **boiling water**
¼ cup (60 mL) **coarse sea salt**
2 tbsp (30 mL) **maple syrup** or packed brown sugar
6 cups (1.5 L) **cold water**
1 tsp (5 mL) **peppercorns**
4 **bay leaves**
1 **red apple,** sliced
Half **onion,** sliced
6 to 8 sprigs **fresh sage**

Remove any giblets from chicken cavity; pat dry inside and out. Set aside.

In very large heatproof bowl or bin large enough to hold 20 cups (5 L), combine boiling water, salt and maple syrup, stirring until salt is dissolved.

Add cold water, peppercorns, bay leaves, apple, onion and sage; add chicken, breastside down. Cover and refrigerate for 12 to 24 hours.

Remove chicken from brine; pat dry. Place on rack on baking sheet; refrigerate, uncovered, until skin is dry and tacky, about 3 hours.

Lighting side or back burners and leaving main burners unlit, heat grill to medium. Tuck chicken wings under back; tie legs together. Place on rotisserie skewer according to manufacturer's instructions. Fit onto rotisserie. Close lid and grill until juices run clear when chicken is pierced, about 1 hour. Let stand for 10 minutes before carving.

PER EACH OF 6 SERVINGS: about 207 cal, 22 g pro, 13 g total fat (4 g sat. fat), 1 g carb, 0 g fibre, 79 mg chol, 302 mg sodium, 246 mg potassium. % RDI: 1% calcium, 5% iron, 4% vit A, 2% folate.

NO ROTISSERIE? TRY INDIRECT HEAT

Set foil drip pan over 1 burner of 2-burner barbecue or centre burner of 3-burner barbecue; heat remaining burner(s) to medium. Place chicken, back side down, on greased grill over drip pan. Close lid and grill as in recipe.

Spatchcock Barbecue Chicken

Prep: 10 minutes **Chill:** 1 hour
Cook: 45 minutes
Makes: 4 to 6 servings

2 tbsp (30 mL) **olive oil**
2 cloves **garlic,** minced
1 tbsp (15 mL) each chopped **fresh tarragon, marjoram, rosemary** and **thyme**
2 **fresh bay leaves**
1 tbsp (15 mL) grated **orange rind**
½ tsp (2 mL) **salt**
¼ tsp (1 mL) **pepper**
3 lb (1.5 kg) **whole chicken**

In food processor, pulse together oil, garlic, tarragon, marjoram, rosemary, thyme, bay leaves, orange rind, salt and pepper to make paste.

Using kitchen shears, cut chicken down each side of backbone; remove backbone. Turn chicken breast side up; press firmly on breastbone to flatten. Place in bowl and rub all over with herb mixture. Cover and refrigerate for 1 hour.

Set foil drip pan over 1 burner of 2-burner barbecue or centre burner of 3-burner barbecue; heat remaining burner(s) to medium. Place chicken, bone side down, on greased grill over drip pan. Close lid and grill, turning once, until juices run clear when thigh is pierced, about 45 minutes. Transfer to cutting board; let stand for 10 minutes before carving.

PER EACH OF 6 SERVINGS: about 249 cal, 22 g pro, 17 g total fat (4 g sat. fat), 1 g carb, trace fibre, 79 mg chol, 259 mg sodium, 260 mg potassium. % RDI: 2% calcium, 8% iron, 5% vit A, 3% vit C, 3% folate.

Chicken Drumsticks with Apple Stout Barbecue Sauce

Prep: 10 minutes
Cook: 50 minutes
Makes: 4 to 6 servings

✱ This recipe makes double the sauce you need. Refrigerate remaining sauce for up to one month.

2 lb (1 kg) **chicken drumsticks**

APPLE STOUT BARBECUE SAUCE:
1 tbsp (15 mL) **vegetable oil**
1 **onion,** chopped
2 cloves **garlic,** minced
1½ cups (375 mL) **stout,** porter or other dark beer
1 cup (250 mL) **unsweetened apple sauce**
½ cup (125 mL) each **maple syrup** and **cooking molasses**
½ cup (125 mL) **cider vinegar**
1 can (5½ oz/156 mL) **tomato paste**
½ tsp (2 mL) **salt**

APPLE STOUT BARBECUE SAUCE: In saucepan, heat oil over medium-high heat; sauté onion and garlic until softened. Add stout, applesauce, maple syrup, molasses, vinegar, tomato paste and salt. »

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In batches, transfer to blender and purée until smooth. Pass through fine sieve into clean pot. Bring to simmer over medium heat; cook until thickened and reduced to about 3 cups (750 mL), 15 to 20 minutes.

Place chicken on greased grill over medium heat. Close lid and grill, turning every 10 minutes, until juices run clear when chicken is pierced, about 30 minutes.

Brush chicken with half of the sauce; grill, uncovered and turning often, until glazed, about 5 minutes.

PER EACH OF 6 SERVINGS: about 277 cal, 17 g pro, 11 g total fat (3 g sat. fat), 27 g carb, 1 g fibre, 67 mg chol, 185 mg sodium, 601 mg potassium. % RDI: 5% calcium, 17% iron, 4% vit A, 8% vit C, 4% folate.

Chili Chicken Wings

Prep: 15 minutes **Stand:** 30 minutes
Cook: 33 minutes
Makes: about 30 pieces

*This recipe is from our new book, *The Barbecue Collection*.

3 lb (1.5 kg) **chicken wings**

CHILI SPICE MIX:
1½ tbsp (22 mL) **chili powder**
1 tbsp (15 mL) each **paprika** and packed **brown sugar**
1½ tsp (7 mL) **ground cumin**
½ tsp (2 mL) **garlic powder**
¼ tsp (1 mL) each **salt** and **pepper**

ANCHO CHILI TOMATO SAUCE:
1 tbsp (15 mL) **vegetable oil**
¼ cup (60 mL) minced **onion**
2 cloves **garlic,** minced
¾ cup (175 mL) **ketchup** or tomato-based chili sauce
2 tbsp (30 mL) **fancy molasses**
1 tbsp (15 mL) **cider vinegar**
2 tsp (10 mL) **ancho chili powder**
1 tsp (5 mL) **dry mustard**
1 tsp (5 mL) **hot pepper sauce**

CHILI SPICE MIX: Mix together chili powder, paprika, brown sugar, cumin, garlic powder, salt and pepper. Straighten each chicken wing; push skewer through length from base to tip. Rub all over with spice mix. Cover and let stand for 30 minutes or refrigerate for up to 24 hours, turning occasionally.

ANCHO CHILI TOMATO SAUCE: Meanwhile, in saucepan, heat oil over medium heat; fry onion and garlic, stirring occasionally, until softened, about 3 minutes.

Stir in ketchup, molasses, vinegar, ancho chili powder, mustard and hot pepper sauce; reduce heat and simmer, stirring occasionally, until bubbly, about 5 minutes. Let cool.

Place wings on greased grill over medium heat; close lid and grill, turning once, for 10 minutes. Baste with sauce; grill, basting and turning occasionally, until crisp and juices run clear when chicken is pierced, 15 to 25 minutes.

PER PIECE: about 93 cal, 7 g pro, 5 g total fat (1 g sat. fat), 4 g carb, trace fibre, 21 mg chol, 137 mg sodium. % RDI: 1% calcium, 5% iron, 6% vit A, 3% vit C, 1% folate.■

HOW ABOUT SOME MORE POULTRY ON THE GRILL?
Check out canadianliving.com/august for 10 chicken burger recipes.

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Grilled Eggplant with Provolone Cheese

tested till perfect

Cheese, Please

Melt-in-your-mouth cheese recipes to wow your guests

BY ANDREW CHASE & THE TEST KITCHEN

PHOTOGRAPHY BY JODI PUDGE

FOOD STYLING BY CLAIRE STUBBS | PROP STYLING BY CATHERINE DOHERTY

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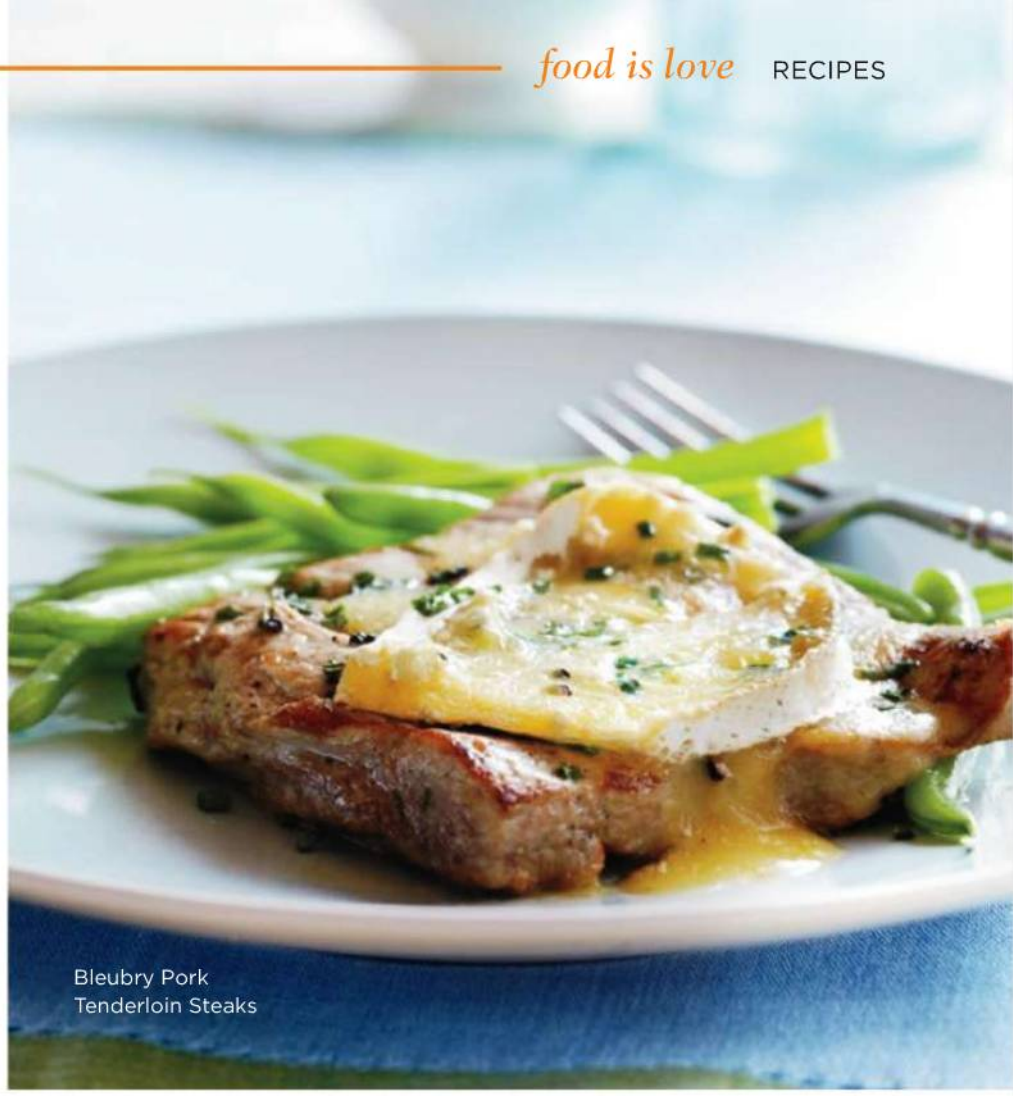

Bleubry Pork Tenderloin Steaks

Bleubry Pork Tenderloin Steaks

Prep: 6 minutes
Cook: 4 minutes
Makes: 4 servings

2 **pork tenderloins** (about 12 oz/375 g each)
2 tbsp (30 mL) **extra-virgin olive oil**
1 tsp (5 mL) minced **fresh rosemary** or thyme
1 clove **garlic,** pressed or pounded into paste
½ tsp (2 mL) each **salt** and **pepper**
6 oz (175 g) **Bleubry** or Borgonzola **cheese,** at room temperature
4 tsp (20 mL) finely chopped **fresh chives** or parsley

Remove any silver skin (connective tissue) from pork. Halve each tenderloin crosswise; cut each lengthwise halfway through. Open each like book. Between waxed paper or plastic wrap, pound each to ½-inch (1 cm) thickness.

Mix together oil, rosemary, garlic, salt and pepper; rub all over pork. Cut cheese into 4 slices; set aside.

Place pork on greased grill over high heat; close lid and grill until bottom is golden, 2 to 3 minutes. Turn and top each with cheese. Grill until juices run clear when pork is pierced and just a hint of pink remains inside, 2 to 3 minutes. Sprinkle with chives.

PER SERVING: about 400 cal, 47 g pro, 27 g total fat (13 g sat. fat), 3 g carb, trace fibre, 150 mg chol, 631 mg sodium, 605 mg potassium. % RDI: 10% calcium, 14% iron, 3% vit A, 2% vit C, 4% folate.

Grilled Eggplant with Provolone Cheese

Prep: 6 minutes **Stand:** 30 minutes
Cook: 10 minutes
Makes: 4 to 6 servings

1 large **eggplant** (about 1½ lb/750 g)
1 tsp (5 mL) **salt**
3 tbsp (45 mL) **olive oil**
5 oz (150 g) shredded **Provolone cheese** (about 1½ cups/375 mL)

CHERRY TOMATO SAUCE:
2 cups (500 mL) **cherry tomatoes** or grape tomatoes
4 **anchovy fillets,** minced
2 cloves **garlic,** minced
2 tbsp (30 mL) **extra-virgin olive oil**
2 tsp (10 mL) **red wine vinegar**
12 **basil leaves,** torn
¼ tsp (1 mL) each **salt** and **pepper**

Peel off strips of eggplant skin lengthwise to create stripes; cut eggplant crosswise into ¾-inch (2 cm) thick rounds. Sprinkle all over with salt; let stand for 30 minutes. Place rounds between tea towels; press out liquid.

CHERRY TOMATO SAUCE: In bowl, mix together tomatoes, anchovies, garlic, oil, vinegar, basil, salt and pepper; scrape onto heavy-duty foil and wrap into packet. Place on grill over medium-high heat; cook until saucy, 10 to 15 minutes

Meanwhile, brush both sides of eggplant slices with oil. Add to grill; close lid and grill until bottoms are golden brown, about 5 minutes.

Turn and cover with cheese; grill until eggplant is tender, bottoms are golden and cheese is melted, 4 to 5 minutes. Serve topped with tomato sauce.

PER EACH OF 6 SERVINGS: about 233 cal, 8 g pro, 18 g total fat (6 g sat. fat), 11 g carb, 3 g fibre, 19 mg chol, 595 mg sodium, 293 mg potassium. % RDI: 18% calcium, 6% iron, 11% vit A, 13% vit C, 10% folate. »

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Cheese-Stuffed Banana Peppers

Prep: 10 minutes
Cook: 6 minutes
Makes: 6 servings

✱ Serve with crusty bread.

6 **banana peppers**
⅔ cup (150 mL) finely diced **Mozzarella cheese**
¼ cup (60 mL) diced **sweet onion**
2 tbsp (30 mL) finely grated **Parmesan cheese**
2 tbsp (30 mL) minced **fresh parsley**
4 tsp (20 mL) drained **capers**
Pinch **pepper**
2 slices **bread,** crusts removed
Pinch **salt**
Extra-virgin olive oil

Cut tops off banana peppers as close to stems as possible. With paring knife, remove cores; with small spoon, scoop out seeds and membranes. Rinse insides to remove any remaining seeds; shake out water.

In small bowl, mix together mozzarella, onion, Parmesan, parsley, capers and pepper; spoon into each pepper, pushing into peppers until 1 inch (2.5 cm) below top. Tear bread and stuff into space to seal.

Place on greased grill over medium-high heat; close lid and grill, turning often, until tender, lightly charred and cheese is melted, 6 to 8 minutes. Transfer to serving dish; sprinkle with salt. Drizzle with oil as desired.

PER SERVING: about 90 cal, 5 g pro, 5 g total fat (3 g sat. fat), 7 g carb, 2 g fibre, 15 mg chol, 195 mg sodium, 155 mg potassium. % RDI: 11% calcium, 4% iron, 6% vit A, 57% vit C, 10% folate.

Parmesan-Crusted Turkey Scaloppine

Prep: 5 minutes **Stand:** 5 minutes
Cook: 3 minutes
Makes: 4 to 6 servings

1 lb (500 g) **turkey breast scaloppine** (cutlets)
2 tbsp (30 mL) **extra-virgin olive oil**
8 **fresh sage leaves,** minced
¼ tsp (1 mL) each **salt, pepper** and **hot pepper flakes**
1 cup (250 mL) grated **Parmesan cheese**
¼ cup (60 mL) **all-purpose flour**
Lemon wedges

Rub scaloppine all over with oil, sage, salt, pepper and hot pepper flakes; let stand for 5 minutes.

On plate, mix cheese with flour. Coat scaloppine in mixture, turning and pressing to adhere.

Place on greased grill over medium-high heat; close lid and grill, turning once, until golden and no longer pink in centre, 3 to 5 minutes. Serve with lemon wedges.

PER EACH OF 6 SERVINGS: about 207 cal, 23 g pro, 10 g total fat (4 g sat. fat), 4 g carb, trace fibre, 52 mg chol, 376 mg sodium, 266 mg potassium. % RDI: 16% calcium, 9% iron, 2% vit A, 7% folate.

Grilled Pizza Mexicana

Prep: 15 minutes
Cook: 22 minutes
Makes: 8 slices

1 lb (500 g) **pizza dough**
2 tsp (10 mL) **olive oil**
8 oz (250 g) **fresh Mozzarella cheese,** drained and sliced

GRILLED TOMATO SALSA:
6 ripe **plum tomatoes**
2 **jalapeño peppers**
Half **white onion**
4 cloves **garlic** (unpeeled)
2 soaked dried or canned **chipotle peppers,** seeded (or chipotle hot sauce to taste)
1 clove **garlic,** smashed
¾ tsp (4 mL) **salt**
⅓ cup (75 mL) chopped **fresh coriander**

GRILLED TOMATO SALSA: Place tomatoes, jalapeño peppers, onion and unpeeled garlic on greased grill over medium-high heat; close lid and grill until tender and charred, 15 to 20 minutes. Let cool enough to handle.

Peel and core tomatoes, discarding juice; place in blender. Peel and seed jalapeño peppers; add to blender. Remove charred layer of onion; chop onion and add to blender. Squeeze garlic from skin into blender.

Add chipotle peppers, smashed garlic and salt; blend until minced. Add coriander; blend until almost puréed. Scrape into bowl.

On lightly floured surface, stretch dough to 16- x 12-inch (40 x 30 cm) rectangle; brush with oil. Place, oiled side down, on grill over medium heat; close lid and grill just until grill-marked on bottom and bubbles form on top, 3 to 6 minutes. Turn and grill, covered, just until surface is cooked but not browned, about 1 minute. Remove from grill.

Spread ¾ cup (175 mL) of the salsa over crust; cover with cheese. Grill, covered, until cheese is melted and bubbly and underside is browned, 3 to 8 minutes. Serve with remaining salsa to spoon over top.

PER SLICE: about 265 cal, 12 g pro, 11 g total fat (5 g sat. fat), 31 g carb, 2 g fibre, 23 mg chol, 484 mg sodium, 226 mg potassium. % RDI: 23% calcium, 14% iron, 10% vit A, 13% vit C, 28% folate. ■

> Add shredded cheese to burgers to help them hold their shape and add gooey goodness.

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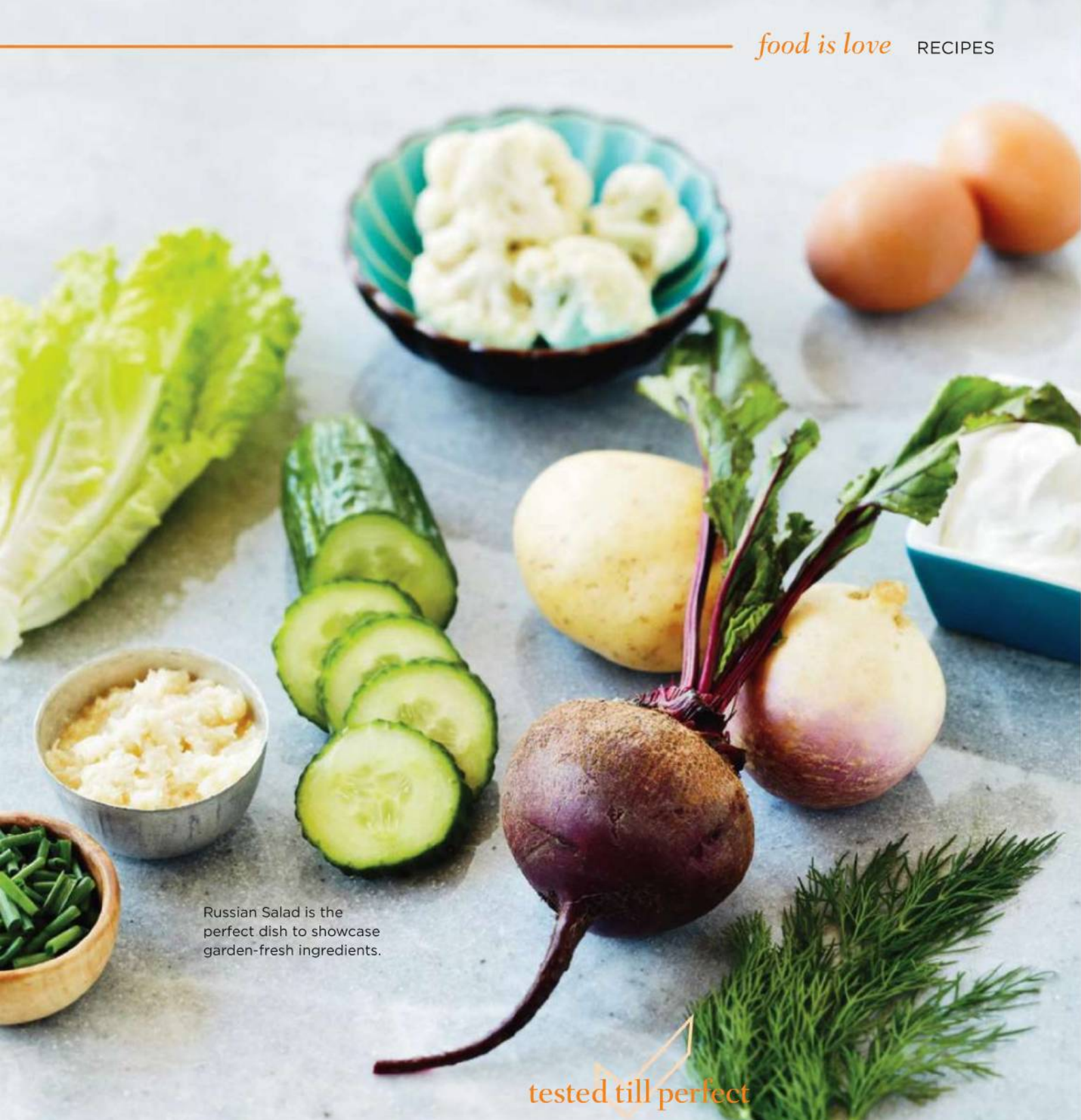

Russian Salad is the perfect dish to showcase garden-fresh ingredients.

tested till perfect

Dinner on a Budget

Cool salads for hot summer nights

BY THE TEST KITCHEN

PHOTOGRAPHY BY JODI PUDGE

FOOD STYLING BY CLAIRE STUBBS | PROP STYLING BY CATHERINE DOHERTY

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WHAT'S FOR DINNER? Tonight

AUGUST RECIPE:

Knorr Souperior Meatloaf

Prep Time: 10 minutes
Cook Time: 70 minutes
Serves: 8

WHAT YOU NEED:

- 1 pkg Knorr® Lipton® Onion Soup Mix
- 2 Eggs, lightly beaten
- ½ cup Ketchup
- ½ cup Fine bread crumbs
- 2 lbs Lean ground beef

HOW YOU MAKE IT:

Step 1

In a large bowl, blend together the Knorr® Lipton® Onion Soup Mix, eggs, ketchup and bread crumbs. Add ground beef and mix to combine.

Step 2

Press the meat mixture into a 9 x 5-inch (2 L) loaf pan.

Step 3

Bake at 350°F (180°C) for 70 minutes, or until the top is nicely browned and meat is thoroughly cooked. Serve with a side of green beans and your favourite Knorr® Sidekicks® mashed potatoes.

SLOW COOKER METHOD:

Arrange meatloaf in slow cooker. Cover, and cook on the LOW setting for 6 to 8 hours, or on the HIGH setting for 4 hours.

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Chicken Caesar with Garlic Croutons

Prep: 15 minutes
Cook: 10 minutes
Makes: 4 servings
Cost: $3.81 per serving

- 2 tbsp (30 mL) **extra-virgin olive oil**
- ¾ tsp (4 mL) each **salt** and **dried Italian herb seasoning**
- 1 large clove **garlic,** minced
- 1 lb (500 g) **boneless skinless chicken breasts**
- Half **whole wheat baguette**
- 6 cups (1.5 L) torn **romaine lettuce**
- 1 cup (250 mL) **cherry tomatoes,** halved
- ¼ cup (60 mL) shaved **Parmesan cheese**

DRESSING:

- 2 tbsp (30 mL) **white wine vinegar**
- 2 tsp (10 mL) each **anchovy paste** and **lemon juice**
- 1 tsp (5 mL) each **Dijon mustard** and **Worcestershire sauce**
- ¼ cup (60 mL) **extra-virgin olive oil**

In bowl, combine oil, salt, herb seasoning and garlic; brush one-third over chicken.

Place chicken on greased grill over medium-high heat; close lid and grill, turning once, until no longer pink inside, about 10 minutes. Let stand for 5 minutes before slicing.

Meanwhile, cut baguette into 1-inch (2.5 cm) cubes. Add to remaining oil mixture, tossing to coat. Bake on baking sheet in 400°F (200°C) oven until golden and crisp, about 10 minutes.

DRESSING: In large bowl, whisk together vinegar, anchovy paste, lemon juice, mustard and Worcestershire sauce; whisk in oil. Add lettuce, tomatoes, croutons and chicken; toss to combine. Sprinkle with cheese.

PER SERVING: about 453 cal, 37 g pro, 25 g total fat (5 g sat. fat), 20 g carb, 4 g fibre, 84 mg chol, 859 mg sodium. % RDI: 12% calcium, 21% iron, 45% vit A, 38% vit C, 53% folate.

Salmon Spinach Salad with Warm Mustard Vinaigrette

Prep: 10 minutes
Cook: 15 minutes
Makes: 4 servings
Cost: $4.91 per serving

- 4 **salmon fillets** (about 3 oz/90 g each)
- ½ tsp (2 mL) **pepper**
- ¼ tsp (1 mL) **salt**
- 3 tbsp (45 mL) **extra-virgin olive oil**
- Half small **red onion,** thinly sliced
- 2 tbsp (30 mL) **grainy mustard**
- 2 tbsp (30 mL) **white wine vinegar**
- 1 pkg (10 oz/284 g) **fresh spinach**

Season salmon with half each of the pepper and salt. In large skillet, heat 1 tbsp (15 mL) of the oil over medium-high heat; add salmon, skin side down. Cover and fry, turning once, until fish flakes easily when tested, about 12 minutes. Transfer to plate and keep warm. Drain off fat.

In same skillet, heat remaining oil over low heat; fry onion until softened, about 3 minutes. Whisk in mustard, vinegar and remaining salt and pepper.

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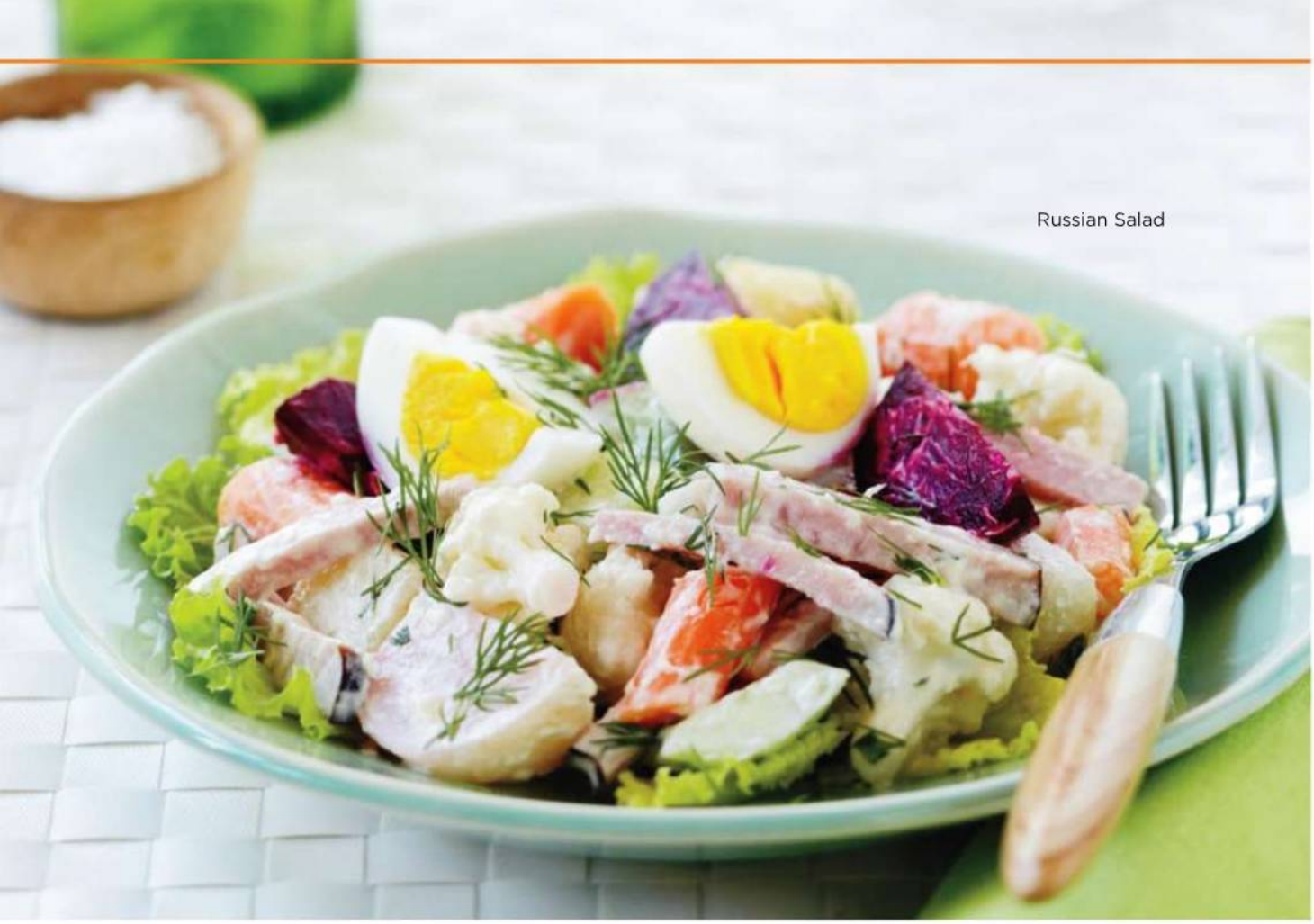

Russian Salad

In bowl, toss spinach with vinaigrette. Divide among 4 plates; nestle salmon in centre.

PER SERVING: about 241 cal, 16 g pro, 18 g total fat (3 g sat. fat), 5 g carb, 2 g fibre, 37 mg chol, 330 mg sodium, 581 mg potassium. % RDI: 11% calcium, 21% iron, 72% vit A, 17% vit C, 56% folate.

Russian Salad

Prep: 15 minutes
Cook: 30 minutes
Makes: 6 servings
Cost: $4.45 per serving

4 large **beets** (optional)
3 **potatoes,** peeled
2 **white turnips,** peeled
3 **carrots**
2 cups (500 mL) bite-size **cauliflower** florets
1 **cucumber**
6 oz (175 g) sliced **ham** (optional)
1 head **Bibb** or romaine **lettuce**
4 hard-cooked **eggs,** quartered
2 tbsp (30 mL) chopped **fresh dill**

DRESSING:
¾ cup (175 mL) light **mayonnaise**
¾ cup (175 mL) light **sour cream**
⅓ cup (75 mL) chopped **fresh chives** or green onions
¼ cup (60 mL) prepared **horseradish**
½ tsp (2 mL) each **salt** and **pepper**

In large pot of boiling water, cook beets (if using) until fork-tender, about 20 minutes. Drain and let cool; slip off skins. Cut into cubes.

Meanwhile, in large pot of boiling salted water, cover and cook potatoes and turnips for 10 minutes.

Add carrots; cook, covered, until vegetables are just tender, about 15 minutes. With slotted spoon, transfer to ice water and chill; drain well.

Add cauliflower to pot; cook until tender-crisp, 2 to 5 minutes. Drain and chill in ice water; drain well.

Cube potatoes and turnips. Halve carrots lengthwise. Peel cucumber; cut lengthwise into quarters and remove seeds. Cut carrots and cucumber crosswise on bias into ½-inch (1 cm) thick slices. Cut ham (if using) into thin strips.

DRESSING: In large bowl, combine mayonnaise, sour cream, 3 tbsp (45 mL) of the chives, the horseradish, salt and pepper. Add potatoes, turnips, carrots, cauliflower and cucumber; stir to coat well.

Trim and separate lettuce into leaves; line shallow serving bowl. Top with vegetable mixture. Arrange eggs, beets and ham over top; sprinkle with dill and remaining chives.

PER SERVING: about 300 cal, 10 g pro, 15 g total fat (4 g sat. fat), 33 g carb, 5 g fibre, 139 mg chol, 1,038 mg sodium, 794 mg potassium. % RDI: 13% calcium, 11% iron, 75% vit A, 58% vit C, 37% folate.■

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Cheez Whiz Potato, Spinach and Leek Frittata

The *Cheez Whiz* Challenge

The four cooks who took on our challenge (clockwise from top left): Sean de Carle, Judy Simpson, Scott Librock and Eva Fong

What do you get when you ask four enthusiastic home cooks to reach into their refrigerators, grab a jar of *Kraft Cheez Whiz* process cheese product and get cooking? Answer: four fabulous, easy to make dishes that cater to the tastes of the entire family. Resourcefulness and imagination are key ingredients of good home cooking, and that's what four former *Canadian Living* Cook of the Year finalists demonstrated when they accepted the *Kraft Cheez Whiz* Challenge.

The challenge: develop a family-friendly dish for four to six people that is relatively easy to make and can be served for breakfast or a snack, as a main dish, or as a hot or cold side dish.

Judy Simpson, of Maple Ridge, B.C.; Sean de Carle, of Calgary; Scott Librock, of St. Catharines, Ont.; and Eva Fong, of Burnaby, B.C., are former Cook of the Year finalists who love developing delicious recipes – and we're sure tasting the dishes they've shared on these pages will inspire you to do the same. Please see page 127 for details on how you can enter the *Kraft Cheez Whiz* Challenge – you could have your winning *Cheez Whiz* recipe published in *Canadian Living* Magazine and win fabulous prizes.

PORTRAIT PHOTOGRAPHY, JO-ANNE McARTHUR

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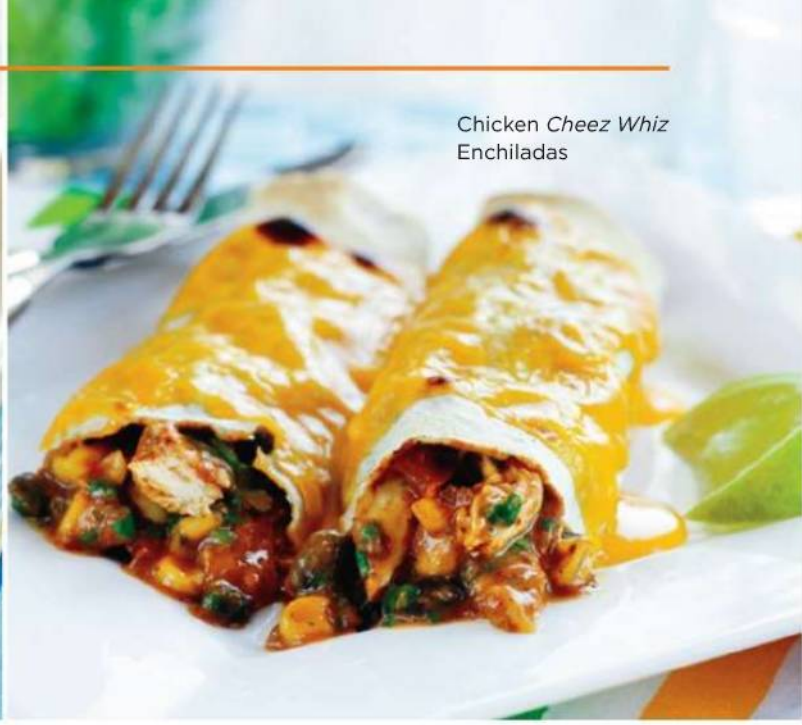
Sweet and Spicy *Cheez Whiz* Pinwheels



Chicken *Cheez Whiz* Enchiladas

Cheez Whiz Potato, Spinach and Leek Frittata

By Judy Simpson, Maple Ridge, B.C. (Cook of the Year Finalist, 2006)

Prep: 15 minutes
Cook: 27 minutes
Makes: 4 servings

- 2 tbsp (30 mL) **olive oil**
- 4 **mini red potatoes,** halved and thinly sliced
- ½ tsp (2 mL) **salt**
- ½ tsp (2 mL) coarsely ground **pepper**
- 1 cup (250 mL) sliced **leeks** (white and light green parts only)
- 1 cup (250 mL) sliced **cremini mushrooms**
- ½ cup (125 mL) diced **sweet red pepper**
- 2 cloves **garlic,** minced
- 1 cup (250 mL) packed trimmed **fresh spinach,** julienned
- 8 **eggs**
- ½ cup (125 mL) shredded **old Cheddar cheese**
- ½ cup (125 mL) ***Cheez Whiz,*** melted
- ¼ cup (60 mL) grated **Parmesan cheese**
- 1 tbsp (15 mL) chopped **fresh chives**

In large ovenproof skillet, heat oil over medium heat; cook potatoes, salt and pepper until tender but firm, 10 to 12 minutes.

Add leeks, mushrooms, red pepper and garlic; cook until tender, 7 to 8 minutes. Add spinach; cook until wilted, about 1 minute.

In bowl, lightly beat eggs; whisk in Cheddar cheese and ¼ cup (60 mL) of the *Cheez Whiz*. Pour over vegetable mixture in skillet; cook until side is set and centre is still slightly runny, about 7 minutes, lifting edge occasionally to allow uncooked eggs to flow underneath.

Drizzle with remaining *Cheez Whiz;* sprinkle with Parmesan cheese. Broil until brown and bubbly, 2 to 3 minutes. Remove from pan and sprinkle with chives.

PER SERVING: about 416 cal, 24 g pro, 29 g total fat (11 g sat. fat), 17 g carb, 2 g fibre, 408 mg chol, 1,102 mg sodium, 479 mg potassium. % RDI: 32% calcium, 18% iron, 36% vit A, 65% vit C, 36% folate.

Chicken *Cheez Whiz* Enchiladas

By Scott Librock, St. Catharines, Ont. (Cook of the Year Finalist, 2007)

Prep: 1 hour
Cook: 52 minutes
Makes: 8 servings

✱ Add a sprinkle of fresh coriander to garnish and serve with guacamole and lime wedges.

- 2 **boneless skinless chicken breasts** (12 oz/375 g total)
- ¼ tsp (1 mL) each **salt** and **pepper**
- 1 tbsp (15 mL) **vegetable oil**
- 1 **onion,** thinly sliced
- 1 **sweet red pepper,** seeded and thinly sliced
- 2 cloves **garlic,** minced
- 1 tbsp (15 mL) **chili powder**
- 1 tsp (5 mL) **ground cumin**
- 1 tsp (5 mL) **dried oregano**
- 1 cup (250 mL) **sodium-reduced chicken broth**
- 1 cup (250 mL) **bottled strained tomatoes** (passata)
- 1 cup (250 mL) **frozen corn kernels,** thawed
- 1 can (19 oz/540 mL) **black beans,** drained and rinsed
- 2 **canned chipotle peppers,** seeded and minced
- 1 cup (250 mL) ***Cheez Whiz***
- ¼ cup (60 mL) chopped **fresh coriander**
- 16 **corn tortillas** (6 inches/15 cm)
- 1½ cups (375 mL) **salsa verde**

Sprinkle chicken with pinch each of the salt and pepper. In large skillet, heat oil over medium-high heat; brown chicken for 6 minutes, turning once. Remove to plate.

Add onion, red pepper and remaining salt and pepper to pan; sauté until tender-firm, 4 to 5 minutes. »

FOOD PHOTOGRAPHY, VINCENT NOGUCHI. FOOD STYLING, JULIE ALDIS. PROP STYLING, CATHERINE DOHERTY

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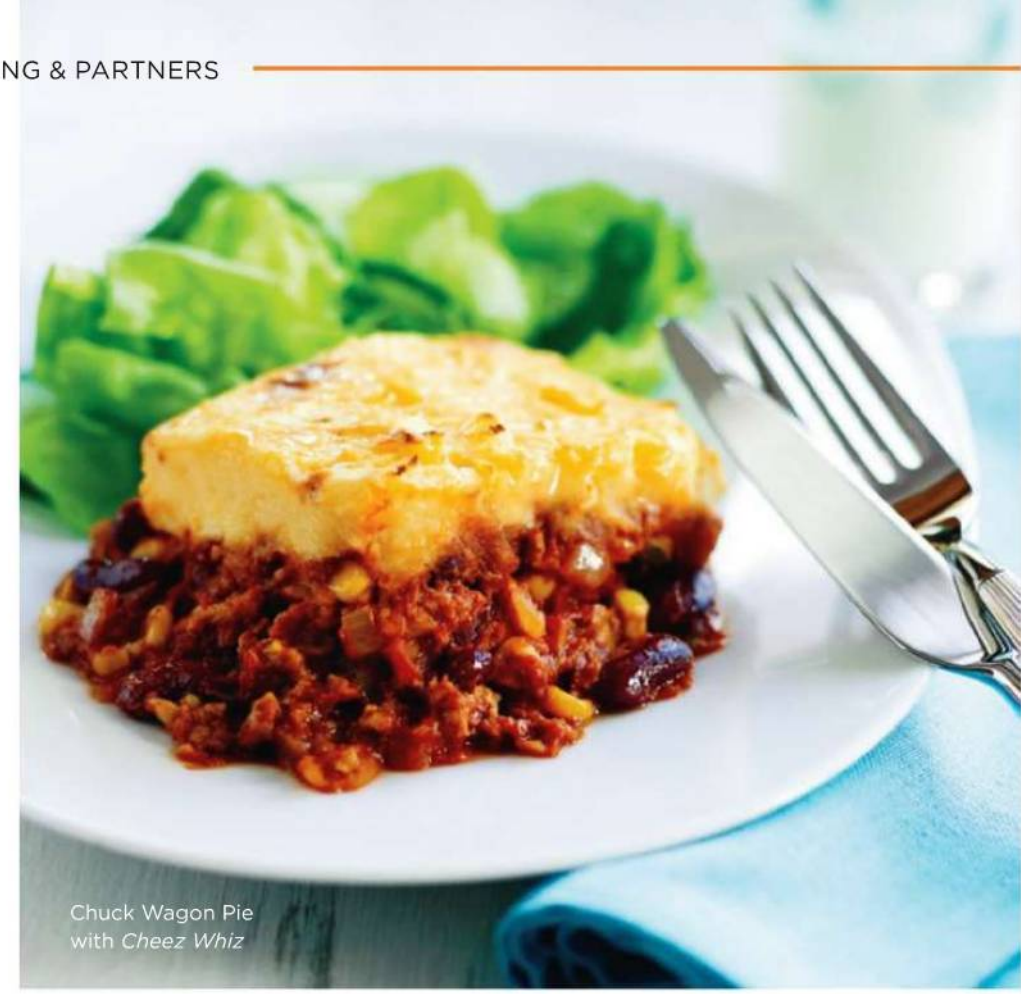
Chuck Wagon Pie with *Cheez Whiz*

Add garlic, chili powder, cumin and oregano; cook for 1 minute. Add chicken broth and bring to boil, stirring up browned bits. Add tomatoes, corn, beans and chipotle peppers.

Return chicken to pan; cover and cook over medium-low heat until chicken is no longer pink inside, about 10 minutes.

Remove chicken and shred; return to pan. Add ⅓ cup (75 mL) of the *Cheez Whiz* and coriander; stir until melted.

Wrap tortillas in damp towel; microwave on high for 30 to 60 seconds or until pliable.

Spread ½ cup (125 mL) salsa in 13- x 9-inch (3 L) glass baking dish. Spoon about ⅓ cup (75 mL) filling into centre of each tortilla; roll up and place, seam side down, on salsa. Top with remaining salsa.

In microwaveable dish, melt remaining *Cheez Whiz* on medium; stir and pour over top. Bake in 350°F (180°C) oven until golden, 30 to 40 minutes. Let stand for 5 minutes before serving.

PER SERVING: about 329 cal, 20 g pro, 9 g total fat (4 g sat. fat), 42 g carb, 8 g fibre, 40 mg chol, 1,235 mg sodium, 457 mg potassium. % RDI: 15% calcium, 20% iron, 14% vit A, 48% vit C, 20% folate.

Chuck Wagon Pie with *Cheez Whiz*

By Eva Fong, Burnaby, B.C.
(Cook of the Year Winner, 2009)

Prep: 10 minutes
Cook: 1¼ hours
Makes: 4 to 6 servings

1½ lb (750 g) **Yukon Gold potatoes,** peeled and quartered
½ cup (125 mL) ***Cheez Whiz***
¼ cup (60 mL) **sour cream**
Pinch **salt**

CHICKEN CHILI:
1½ tbsp (22 mL) **vegetable oil**
8 oz (250 g) **ground chicken**
⅓ cup (75 mL) chopped **onion**
1 tbsp (15 mL) minced **garlic**
1 can (14 oz/398 mL) **diced tomatoes**
1⅔ cups (400 mL) **crushed tomatoes**
1 can (19 oz/540 mL) **red kidney beans,** drained and rinsed
1 can (12 oz/341 mL) **corn kernels,** drained
½ cup (125 mL) **chicken broth**
1½ tbsp (22 mL) **chili powder**
1 tsp (5 mL) finely chopped **pickled jalapeño pepper**
¼ tsp (1 mL) each **dried coriander** and **cumin**
¼ tsp (1 mL) **salt**

In large pot of boiling salted water, cook potatoes until tender, 15 to 17 minutes. Drain and return to pot; mash until fluffy. Blend in *Cheez Whiz*, sour cream and salt. Set aside.

CHICKEN CHILI: In large skillet, heat oil over medium-high heat; brown chicken, stirring to break up, 7 to 8 minutes.

Add onion and garlic; cook over medium heat until onion is tender, about 3 minutes.

Add diced tomatoes, crushed tomatoes, kidney beans, corn, chicken broth, chili powder, jalapeño pepper, coriander, cumin and salt; bring to boil. Reduce heat and simmer until thickened, about 30 minutes.

Pour into 8-inch (2 L) square glass baking dish. Spread potato mixture over top. Bake in 425°F (220°C) oven until golden and bubbly, 15 to 20 minutes. To brown top (if desired), broil 2 to 3 minutes.

PER EACH OF 6 SERVINGS: about 400 cal, 18 g pro, 15 g total fat (5 g sat. fat), 54 g carb, 10 g fibre, 43 mg chol, 1,314 mg sodium, 970 mg potassium. % RDI: 15% calcium, 26% iron, 16% vit A, 48% vit C, 38% folate.

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VARIATION

Mini Chuck Wagon Pies

Divide chili among twelve 1-cup (250 mL) ramekins, filling about two-thirds full. Spread about ¼ cup (60 mL) potato mixture over each. Bake in 450°F (230°C) oven until bubbly and golden, about 10 minutes.

Sweet and Spicy *Cheez Whiz* Pinwheels

By Sean de Carle, Calgary
(Cook of the Year Finalist, 2008)

Prep: 10 minutes **Chill:** 1 hour
Cook: 15 minutes
Makes: 52 pieces

½ cup (125 mL) ***Cheez Whiz***
2 tsp (10 mL) chopped seeded **canned chipotle peppers**
2 tsp (10 mL) packed **brown sugar**
¼ tsp (1 mL) each **salt** and **pepper**
1 pkg (397 g) **frozen puff pastry,** thawed but cold
1 **egg**
1 tbsp (15 mL) **water**

In bowl, mix *Cheez Whiz*, chipotle peppers, brown sugar, salt and pepper.

On lightly floured surface, roll out each half of the pastry to 14- x 11-inch (35 x 28 cm) rectangle. Spread each with half of the *Cheez Whiz* mixture. Starting at long side, roll-up each; wrap and refrigerate until firm, about 1 hour.

Trim ends. Cut into ½-inch (1 cm) thick slices. Place, cut side down and 1 inch (2.5 cm) apart, on parchment paper–lined baking sheet.

Whisk egg with water; brush over pinwheels. Bake in 375°F (190°C) oven until golden and crispy on top, 15 to 17 minutes. Let cool on rack for 5 minutes. Serve warm.

PER PIECE: about 87 cal, 2 g pro, 6 g total fat (1 g sat. fat), 7 g carb, trace fibre, 8 mg chol, 124 mg sodium, 11 mg potassium. % RDI: 1% calcium, 3% iron, 1% vit A, 3% folate. ■

Cheez Whiz ORIGINAL CHALLENGE!

TAKE THE *CHEEZ WHIZ* CHALLENGE AND GET YOUR RECIPE PUBLISHED IN *CANADIAN LIVING* MAGAZINE – AND WIN A GREAT PRIZE PACKAGE FROM FRIGIDAIRE AND THE BRICK!

To enter, send us your best family-friendly recipe that calls for *Kraft Cheez Whiz* (along with a photo or a video of your dish, if you wish).

YOUR RECIPE MUST:

- be an original, never-before-published recipe;
- include *Kraft Cheez Whiz* as an ingredient;
- be family-friendly;
- include some healthy ingredients, such as vegetables and whole-grain products;
- be one of the following: breakfast, snack, main or side; and
- serve 4 to 6 people.

Five semi-finalists will be chosen by a panel of judges, and their recipes will be published in the December 2010 issue of *Canadian Living* Magazine or online. We will ask *Canadian Living* readers to vote online for their favourite recipe to determine the grand-prize winner. By voting, you could win one of 35 gift certificates to The Brick, each worth $50. The grand-prize winner will be featured in the February 2011 issue of *Canadian Living* Magazine and win a fabulous prize package from Frigidaire and The Brick, worth $2,500.

DEADLINE:
Contest closes Aug. 31, 2010, at 11:59 p.m. EDT.

To enter, visit cheesewhizchallenge.com.

FRIGIDAIRE The BRICK .com

Entries limited to five per person for the duration of the contest. Contest is open to residents of Canada 18 years or older, except professional chefs, food writers, cooks or cooking teachers employed either full time, part time or who are retired or no longer working in the industry; contest judges; and employees of Transcontinental Media, Kraft, contest sponsors, their parent companies, subsidiaries and advertising agencies, members of their immediate families and those with whom these employees are domiciled. One grand prize of a Frigidaire appliance package will be awarded. Approximate value of grand prize is $2,500. For full contest rules, visit cheesewhizchallenge.com.

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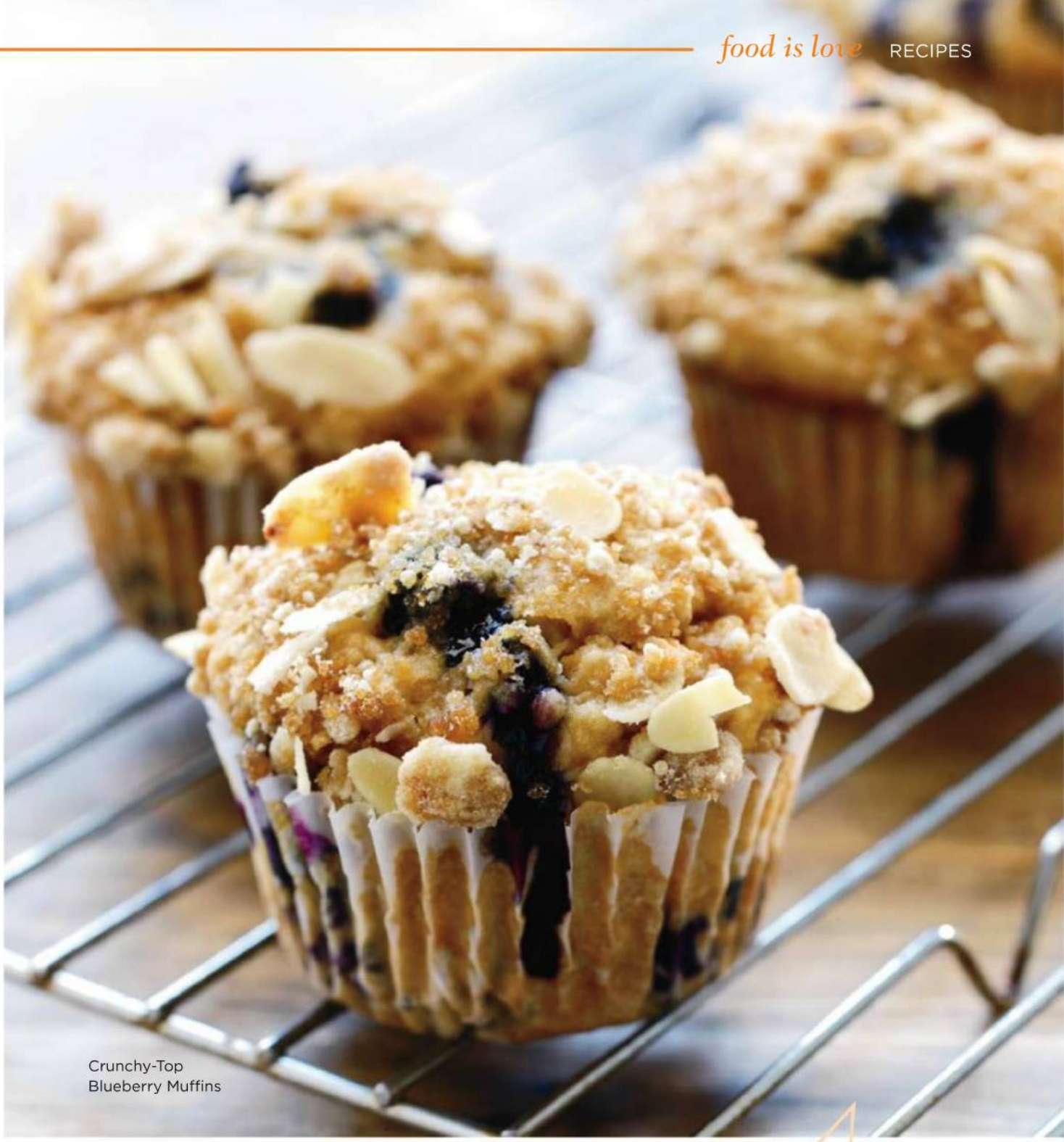

Crunchy-Top
Blueberry Muffins

tested till perfect

Blueberry Heaven

Canada harvests the best berries around. Make them sing in these tasty treats.

BY THE TEST KITCHEN

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Old-Fashioned Blueberry Pie

Baked Blueberry French Toast

Crunchy-Top Blueberry Muffins

Prep: 10 minutes
Cook: 25 minutes
Makes: 12 muffins

2 cups (500 mL) **all-purpose flour**
¾ cup (175 mL) **granulated sugar**
1 tbsp (15 mL) **baking powder**
1 tsp (5 mL) **baking soda**
½ tsp (2 mL) **salt**
½ cup (125 mL) **plain yogurt**
2 tsp (10 mL) grated **orange rind**
¼ cup (60 mL) **orange juice**
¼ cup (60 mL) **vegetable oil**
2 **eggs**
1½ cups (375 mL) **blueberries**

TOPPING:
¼ cup (60 mL) **granulated sugar**
1 tbsp (15 mL) grated **orange rind**
Sliced **almonds** (optional)

In large bowl, whisk together flour, sugar, baking powder, baking soda and salt; set aside.

In separate bowl, whisk together yogurt, orange rind, orange juice, oil and eggs; pour over flour mixture. Sprinkle with blueberries; stir just until dry ingredients are moistened. Spoon into 12 greased or paper-lined muffin cups.

TOPPING: Mix sugar with orange rind and almonds (if using); sprinkle over batter. Bake in 400°F (200°C) oven until tops are firm to the touch, about 25 minutes. Let cool in pan for 5 minutes. Transfer to rack; let cool.

PER MUFFIN: about 214 cal, 4 g pro, 6 g total fat (1 g sat. fat), 37 g carb, 1 g fibre, 32 mg chol, 276 mg sodium. % RDI: 5% calcium, 9% iron, 2% vit A, 8% vit C, 15% folate.

Old-Fashioned Blueberry Pie

Prep: 20 minutes
Chill: 30 minutes
Cook: 50 minutes
Makes: 8 to 10 servings

5 cups (1.25 L) **blueberries**
¾ cup (175 mL) **granulated sugar**
¼ cup (60 mL) **all-purpose flour**
½ tsp (2 mL) grated **lemon rind**
1 tbsp (15 mL) **lemon juice**
½ tsp (2 mL) **cinnamon**
1 **egg yolk**

PASTRY:
2½ cups (625 mL) **all-purpose flour**
½ tsp (2 mL) **salt**
½ cup (125 mL) cold **butter,** cubed
½ cup (125 mL) cold **lard**
¼ cup (60 mL) **ice water** (approx)
3 tbsp (45 mL) **sour cream** »

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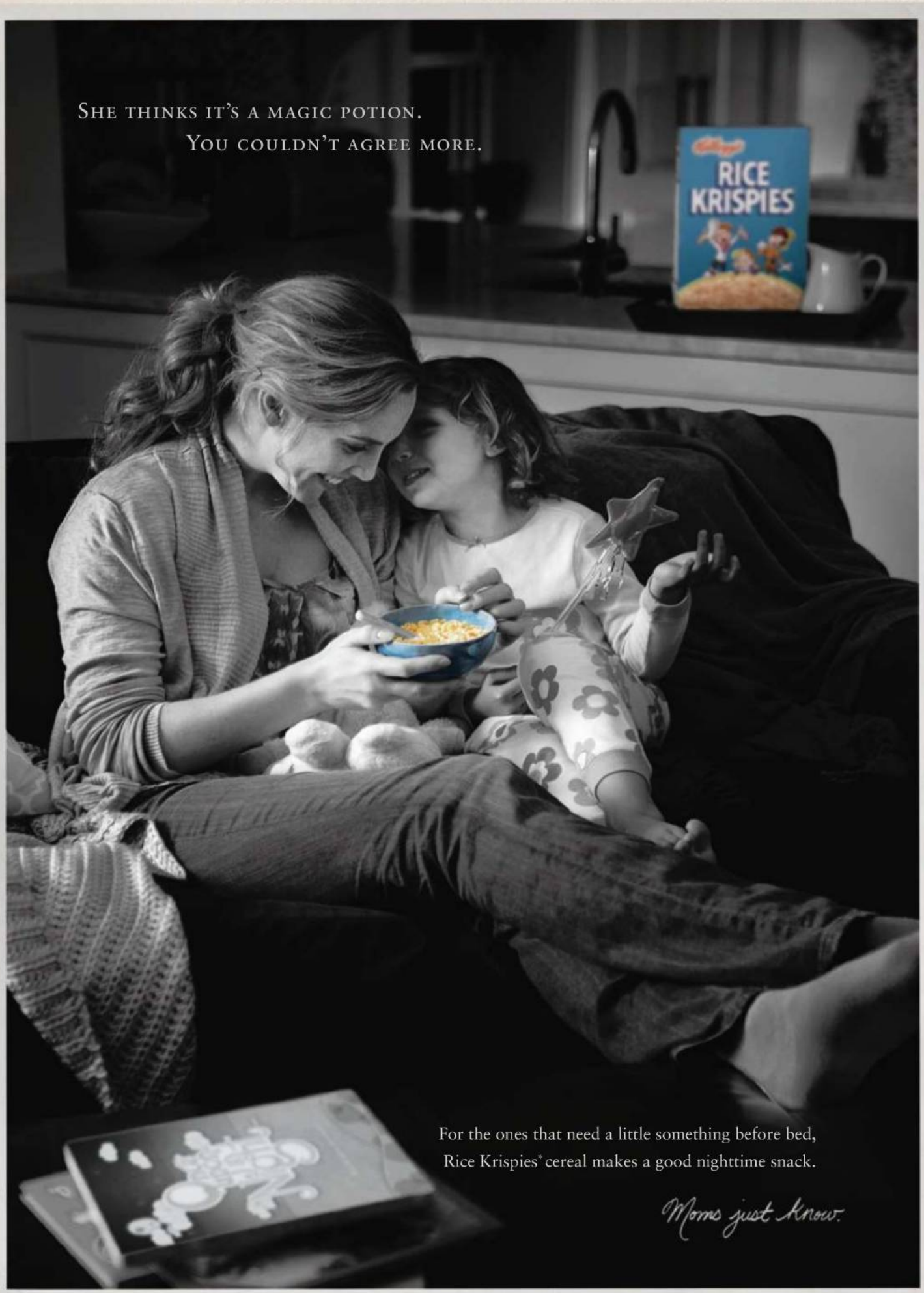

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PASTRY: In bowl, whisk flour with salt. Using pastry blender, cut in butter and lard until mixture is in fine crumbs with a few larger pieces.

In small bowl, whisk water with sour cream; drizzle over dry ingredients, stirring briskly with fork to form ragged dough and adding more water, 1 tbsp (15 mL) at a time, if too dry. Divide in half; press into discs. Wrap each in plastic wrap; refrigerate until chilled, about 30 minutes.

In large bowl, combine blueberries, sugar, flour, lemon rind, lemon juice and cinnamon; set aside.

On lightly floured surface, roll out half of the pastry to generous ⅛-inch (3 mm) thickness; fit into 9-inch (23 cm) pie plate. Trim to leave ¾-inch (2 cm) overhang. Scrape in filling.

Roll out remaining pastry. Whisk egg yolk with 1 tbsp (15 mL) water; brush over pastry rim. Fit pastry over filling; trim to leave ¾-inch (2 cm) overhang. Fold overhang under bottom pastry rim; seal and flute edge.

Bake in bottom third of 425°F (220°C) oven for 15 minutes. Reduce heat to 350°F (180°C); bake until golden and filling is thickened, 35 to 45 minutes. Let cool on rack.

PER EACH OF 10 SERVINGS: about 382 cal, 4 g pro, 19 g total fat (10 g sat. fat), 49 g carb, 3 g fibre, 53 mg chol, 169 mg sodium. % RDI: 2% calcium, 12% iron, 9% vit A, 12% vit C, 32% folate.

Baked Blueberry French Toast

Prep: 20 minutes **Chill:** 3 hours
Cook: 55 minutes
Makes: 6 to 8 servings

1 **baguette** (21 inches/53 cm)
4 **eggs**
2 **egg yolks**
1 cup (250 mL) **milk**
1 cup (250 mL) **whipping cream**
¼ cup (60 mL) **maple syrup**
2 tbsp (30 mL) **granulated sugar**
1½ tsp (7 mL) **vanilla**
2 cups (500 mL) **blueberries**

CINNAMON BUTTER:
½ cup (125 mL) **butter,** softened
¼ cup (60 mL) packed **brown sugar**
2 tbsp (30 mL) **granulated sugar**
¾ tsp (4 mL) **cinnamon**
¼ tsp (1 mL) **ground cardamom** (or pinch nutmeg)
¼ tsp (1 mL) **salt**

Diagonally cut baguette into ½-inch (1 cm) thick slices.

CINNAMON BUTTER: In bowl, mix butter, brown sugar, granulated sugar, cinnamon, cardamom and salt; spread on both sides of baguette slices. In layers, overlap in greased 13- x 9-inch (3 L) glass baking dish.

In large bowl, whisk eggs with egg yolks. Whisk in milk, cream, maple syrup, sugar and vanilla; pour over bread. Top with waxed paper and 2 small plates; weigh down with heavy cans, pressing to absorb liquid. Refrigerate for 3 hours or for up to 12 hours.

Remove cans, plates and paper. Sprinkle with blueberries. Bake in 350°F (180°C) oven until puffed and blueberries pop, 55 to 60 minutes.

PER EACH OF 8 SERVINGS: about 460 cal, 9 g pro, 28 g total fat (16 g sat. fat), 46 g carb, 2 g fibre, 215 mg chol, 428 mg sodium. % RDI: 11% calcium, 12% iron, 27% vit A, 5% vit C, 22% folate. »

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Mary, Fredericton

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3M

Blueberry Coffee Cake

Prep: 10 minutes
Cook: 1 hour
Makes: 16 servings

2 **eggs**
1¾ cups (425 mL) **all-purpose flour**
1⅓ cups (325 mL) **granulated sugar**
2 tsp (10 mL) grated **lemon rind**
1½ tsp (7 mL) **baking powder**
¼ tsp (1 mL) **salt**
¾ cup (175 mL) **unsalted butter,** cubed and softened
2 **egg yolks**
½ cup (125 mL) **milk**
2 tsp (10 mL) **lemon juice**
½ tsp (2 mL) **vanilla**
1 cup (250 mL) **blueberries**
2 tbsp (30 mL) **apricot jam**

In small bowl, cover eggs with warm water; let stand for 10 minutes.

Meanwhile, in large bowl, whisk together flour, sugar, lemon rind, baking powder and salt. With electric mixer, beat in butter until mixture is in fine crumbs.

In separate bowl, whisk together warmed eggs, egg yolks, milk, lemon juice and vanilla; beat one-third into flour mixture, beating for about 1 minute. Repeat twice to make thick and light mixture.

Scrape into 8-inch (2 L) square parchment paper–lined metal cake pan. Sprinkle with blueberries. Bake in 325°F (160°C) oven until tester inserted in centre comes out clean, 60 to 70 minutes. Let cool in pan on rack for 20 minutes. Invert onto tray; peel off paper and invert onto rack.

In microwave, heat apricot jam with 1 tbsp (15 mL) water on high for 30 seconds; strain through fine sieve. Brush over warm cake; let cool.

PER SERVING: about 223 cal, 3 g pro, 10 g total fat (6 g sat. fat), 31 g carb, 1 g fibre, 72 mg chol, 78 mg sodium, 50 mg potassium. % RDI: 3% calcium, 6% iron, 10% vit A, 2% vit C, 16% folate.

Wild Blueberry Fool

Prep: 20 minutes
Chill: 2 hours
Makes: 6 servings

1 cup (250 mL) **Balkan-style plain yogurt**
¾ cup (175 mL) **whipping cream**
½ tsp (1 mL) **vanilla**
Fresh **blueberries**

BLUEBERRY SAUCE:
1⅔ cups (400 mL) **frozen wild blueberries,** thawed, or cultivated blueberries
⅓ cup (75 mL) **granulated sugar**
1 tbsp (15 mL) **lemon juice**
1 tbsp (15 mL) **orange-flavoured liqueur** (optional)

Line sieve with double thickness cheesecloth; set over bowl. Pour in yogurt; refrigerate to drain until reduced and thickened, about 1 hour.

BLUEBERRY SAUCE: Meanwhile, in large bowl and using potato masher, mash blueberries. Strain through sieve into clean bowl. Whisk in sugar until dissolved. Whisk in lemon juice, and liqueur (if using). Set aside.

In large bowl, whip cream; whisk in yogurt and vanilla. Fold in blueberry sauce, leaving streaks. Spoon into 6 glasses. Refrigerate until set, about 1 hour. Garnish with blueberries.

PER SERVING: about 197 cal, 2 g pro, 13 g total fat (8 g sat. fat), 18 g carb, 0 g fibre, 45 mg chol, 23 mg sodium, 103 mg potassium. % RDI: 7% calcium, 1% iron, 13% vit A, 5% vit C, 3% folate. ■

Can't get enough great Canadian blueberries? Visit canadianliving.com/august for more recipes that make the most of the harvest.

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- Add **SPC Healthy Option Peach Slices** to muesli and top with yogurt, honey and toasted almonds.
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Food Matters

off the shelf

Wines for the Deck

Our sommelier, Anne Martin, recommends some good bottles to share with friends on a hot summer night.

1. **Sparkling:** Jacob's Creek Chardonnay Pinot Noir Brut Cuvée, Australia, $16.
2. **Rosé:** Jackson-Triggs Proprietors' Reserve Cabernet Franc Rosé 2008, Niagara, Ont., $15.
3. **Refreshing white:** Winzer Krems Grüner Veltliner 2008, Austria, $11.
4. **Light red:** Malivoire Gamay 2008, Niagara, Ont., $18.
5. **Big red:** Concha y Toro Casillero del Diablo Carmenere 2008, Rapel Valley, Chile, $13.

IT'S ALL GERMAN TO ME

German wine labels are notoriously hard to read, dotted with tongue twisters like *Trockenbeerenauslese*. Add to this the myth that all German whites are sickly sweet, and it isn't hard to imagine why these bottles don't sell. It's sad, as they (Rieslings in particular) are some of the most food-friendly wines. Fruity, with crisp acidity, and unique slate and limestone mineral notes, they capture the essence of summer. To learn about German wines and labels, go to canadianliving.com/august. – *A.M.*

PACK SOME COTTAGE-FRIENDLY WINES

The best holidays involve food, wine and friends, so stock up before you leave. No sense taking a chance on a backwoods liquor outpost.

SPARKLING WINES: Enjoy predinner or with nibbles. Look for inexpensive bubblies from Italy (Prosecco), Spain (cava), Canada, Australia and France.

ROSÉ WINES: Good pink wine says "summer." Opt for dry versions from southern France, Canada, Italy, Spain, California and South Africa.

DRY, CRISP WHITE WINES: Serve as aperitifs, in spritzers or with salad-based lunches. Look for Sauvignon Blanc, Grüner Veltliner, Riesling, and Pinot Gris and Grigio.

LIGHT RED WINES: Serve with more restrained dishes, such as fish or pasta with tomato sauce. Try Barbera from Italy; Gamay from Canada or Beaujolais, France; Pinot Noir from cooler climate regions such as New Zealand and Canada; and Crianza Tempranillo from Spain.

BIG RED WINES: Drink these with barbecued steak or leg of lamb. Try Merlot from British Columbia, Carmenere from Chile, Malbec from Argentina, blends from the south of France, Shiraz from Australia, Syrah from the Rhône Valley in France and Cabernets from around the globe.

– *A.M.*

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BEST GREENS FOR THE JOB

• **Arugula:** Soft, dark green pepper-flavoured leaves. Best tossed with mixed greens to add a spicy note.

• **Baby greens:** A variety of greens, harvested young to avoid bitterness and toughness. They can be mild (romaine, oak leaf lettuce and spinach) to spicy (mustard and beet greens) and make attractive salads, so mixes are perfect for entertaining. Best with light vinaigrettes. They wilt quickly, so serve cold.

• **Butterhead lettuce:** Soft, pale, buttery leaves with mild flavour, such as Boston and Bibb. Great for salads with creamy and tangy cheese or buttermilk dressings. Or use as a vessel for chunky chicken salad.

• **Curly endive:** Sturdy, frilly, bitter greens with tough outer leaves and tender inner ones. Great on their own with light vinaigrettes or added to mixed greens for more assertive flavour and chewy texture.

• **Leaf lettuce:** Soft, delicate leaves (red and green) with a mild flavour. Great in mixed salads with light, creamy dressings or vinaigrettes.

• **Romaine lettuce:** Long, sturdy and crisp pale green leaves. A must-have for Caesar salad. Works well with thick, creamy dressings and bold vinaigrettes.

• **Spinach:** Firm dark green leaves. Baby spinach is ideal in delicate salads with fruity vinaigrettes; large leaves are best slightly wilted with hot bacon dressing or alongside spiced grilled chicken or fish.

YOU SPIN ME ROUND

A salad spinner seemed like just another superfluous kitchen gadget until my first *garde manger* (salad station) job, where I washed eight cases of lettuce per night. The restaurant's industrial-size five-gallon drum spun lettuce – six heads at a time – bone-dry so that the house-made dressings clung deliciously to the leaves instead of being diluted by gritty soaking water. Soon after, I bought a household-size spinner. Now I can't imagine cooking in the Test Kitchen or at home without one.

Besides salads, spinners are great for washing herbs and leafy cooking greens so you can keep them ready-to-use in the fridge (they stay fresher longer when wrapped in paper towels in a plastic bag). I recently upgraded to this Starfrit Collapsible Salad Spinner ($40), which flattens out to fit in a drawer – ideal for my small kitchen. It may seem a little pricey, but you will use it a lot.

– Gabrielle Bright

PHOTOGRAPHY, PAUL CHMIELOWIEC. SALAD SPINNER, THE BAY

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Southwest Chicken Salad Remixed

Now you can create restaurant-inspired entrée salads at home with new **KRAFT Sizzling Salads**. Each entrée salad kit contains a perfectly paired cooking sauce and dressing, so you can make delicious, warm entrée salads in four simple steps.

SOUTHWEST CHICKEN SALAD

Buy 1 **KRAFT Sizzling Salads** Southwest Chicken Salad kit (includes cooking sauce and dressing)

WHAT YOU NEED TO MAKE 1 ENTRÉE SALAD:

1	boneless skinless chicken breast (110 to 170 g), cut into strips
2-3 Tbsp.	**Sizzling Salads** Spicy Fajita cooking sauce
1/2 tsp.	oil
3 cups	chopped iceberg lettuce
2-3 Tbsp.	**Sizzling Salads** Barbecue Ranch dressing

Suggested salad ingredients: *red and green pepper strips, thinly sliced green onions, drained canned or frozen corn, rinsed canned black beans, shredded Cheddar cheese.*

FOLLOW THESE 4 EASY STEPS:

COOK and stir chicken strips in hot oil in skillet on MEDIUM-HIGH heat for 6 to 7 min., or until done. Reduce heat to LOW.

ADD 2-3 Tbsp. Spicy Fajita cooking sauce; cook and stir 30 sec.-1 min. or until chicken is evenly coated. Remove from heat.

TOSS greens and suggested salad ingredients with 2-3 Tbsp. Barbecue Ranch dressing.

PLATE salad; top with warm chicken.

Sizzling Salads – a perfect pair

It's just the right combination of tastes, designed to go great together. A cooking sauce for your meat and a perfectly paired dressing for your greens, paired to perfection in one kit for a sensational main dish salad!

SOUTHWEST CHICKEN SALAD serves up heat with a touch of sweet – Spicy Fajita cooking sauce and Barbecue Ranch dressing.

CHICKEN CAESAR SALAD pairs Cracked Black Pepper cooking sauce with Classic Caesar dressing for a twist on the traditional Caesar.

GREEK CHICKEN SALAD combines the tangy taste of Lemon Oregano cooking sauce with flavourful Mediterranean Feta dressing.

ASIAN CHICKEN SALAD marries the distinctive flavours of Teriyaki Ginger cooking sauce with tasty Toasted Sesame dressing.

About the Cooking Sauce

It's not a marinade that takes hours to add flavour. With cooking sauce, you can add flavour instantly! You simply cook your chicken, then add cooking sauce; heat and stir for a few seconds for a tasty flavour in no time at all!

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Sources

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Beauty Refresh
Pages 25 and 26: **Donato Salon and Spa** and **Keratin Complex Hair Therapy;** donato.ca. **John Masters Organics,** johnmasters.ca. **Pantene,** drugstores and mass-market retailers.

Wear Now, Wear Later
Pages 28 to 32: **Kersh,** kersh.ca **Spanner,** spannerstyle.com. **Baume and Mercier,** The Bay; baume-et-mercier.com. **Town Shoes,** townshoes.com. **Rita Tesolin,** rita tesolin.com. **Fraas,** thescarfcompany.com. **Danier,** danier.com. **Esprit,** esprit.com. **Lia Sophia,** liasophia.ca. **Ecco,** eccocanada.com. **Aldo,** aldoshoes.com. **Gap,** gapcanada.ca. **Kathy Van Zeeland,** kathyvanzeeland.com. **Michael Michael Kors,** michaelkors.com. **Tension,** tension clothing.com. **Lacoste,** lacoste.com. **Denver Hayes,** marks.com. **Jenny Bird,** jenny bird.myshopify.com. **Yana Handbags,** yana handbags.com.

Editor's Choice
Pages 35 and 36: **Kevin Murphy,** kevin murphy.com. **Goody** and **Nexxus,** major drugstores and mass-market retailers. **Living Proof,** livingproof.com. **Rowenta,** select salons. **Samy,** Shoppers Drug Mart; samysalon.com. **Orofluido,** orofluido.com. **Redken,** redken.com. **Sally Hershberger,** Shoppers Drug Mart. **Schwarzkopf Professional,** schwarzkopf.com.

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Page 38: **9 to 5,** 9to5thebra.com. **DuWop,** Sephora and select Shoppers Drug Mart Beauty Boutiques. **Revlon,** major drugstores and mass-market retailers.

Style Matters
Pages 41 and 42: **Old Navy,** old navy.ca. **Herbal Essences,** major drugstores and mass-market retailers. **SkinCeuticals,** doctors' offices and spas. **Nars, Yves Saint Laurent** and **Tom Ford,** Holt Renfrew. **Nixon,** watchit.ca. **Shiseido,** Sephora. **Bourjois Paris,** Sephora and select Shoppers Drug Mart locations. **Rimmel** and **Sally Hansen,** major drugstores and mass-market retailers. **Make Up For Ever,** Sephora; makeupforever.ca.

health is happiness

Health Matters
Pages 63 to 66: **Ombrelle,** drugstores and mass-market retailers. **The Body Shop,** thebodyshop.ca. **B. Kamins,** bkamins.com. **Murale,** murale.ca.

life is for living

Life Matters
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One Table, Two Looks
Page 94: **Picnic table,** Home Depot, homedepot.com. **Wallpaper,** Graham and Brown, graham brown.com. **Plates,** Canadian Tire, canadiantire.ca. **Flower pens,** Torre and Tagus, torretagus.com. **Trays, clamps** and **cutlery,** Dollarama, dollarama.com. **Tea towels, Sokar metal containers, Bjuron planter, Sokar plant glide, Midsommar bowls and cups,** and **Knodd garbage can,** Ikea, ikea.com. **Beverage dispenser,** President's Choice, pc.ca.

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food is love

Blueberry Heaven
Page 130: **Pillivuyt pie plate** and **casserole spoon,** To Set a Table, Oakville, Ont., (905) 338-0275.

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ABOUT OUR NUTRITION INFORMATION

To meet nutrient needs each day, moderately active women 25 to 49 need about 1,900 calories, 51 g protein, 261 g carbohydrate, 25 to 35 g fibre and not more than 63 g total fat (21 g saturated fat).

Men and teenagers usually need more. Canadian sodium intake of approximately 3,500 to 4,500 mg daily should be reduced, whereas the intake from food sources of potassium should be increased to 4,700 mg per day.

Percentage of recommended daily intake (% RDI) is based on the highest recommended intakes (excluding those for pregnant and lactating women) for calcium, iron, vitamins A and C, and folate.

Figures are rounded off. They are based on the first ingredient listed when there is a choice and do not include optional ingredients or those with no specified amounts.

ABBREVIATIONS:
cal = calories
pro = protein
carb = carbohydrate
sat. fat = saturated fat
chol = cholesterol

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Rolling on a River

Tubing is the best part of summer in British Columbia.

BY LESLIE DAVIDSON

Each summer, when the spring flood has exhausted itself into a gentler flow and the sun has warmed the water, it's tubing time.

LESLIE DAVIDSON is a retired kindergarten teacher in Grand Forks, B.C. Summer days often find her and a group of friends blissfully afloat on inner tubes.

My Canada has a wet bum and a sunburned nose. It is carried on black inner tubes adrift on dappled water. It slips past golden beaches and ancient pines. It curves into mountain shadow, then seeks the sun as it cuts through summer-ripe pastures. For a few weeks each summer, when the spring flood has exhausted itself into a gentler flow and the sun has warmed the water, it's tubing time.

When we first moved to the tiny city of Grand Forks, tucked into a beautiful little valley in British Columbia's southern interior, we learned that the only way to survive the summer heat was to head to the river – and we are blessed with two. The Kettle River snakes north from the American border before winding itself eastward through the heart of town, in a liquid ribbon of light and dark. The Granby River tumbles down from the north in a series of bubbling rapids and deep pools through stands of old-growth cedar. They meet and mingle by the highway bridge at the eastern edge of town.

The Kettle warms first and provides the gentler ride. Our daughters, tied into tiny life jackets, cut their inner-tube-riding teeth on its mellow ripples.

The Granby, on the other hand, runs chilly even on the hottest days, and provides more thrills. There are rapids and log jams to be negotiated. It cuts through an abandoned dam, squeezing between giant cement pillars and rolling over and between great boulders. The Granby also hoards the most magical beaches in the valley. Little crescents of hot sand mark deep swimming holes so clear you can count the pebbles on the bottom.

There are specific techniques for a successful float, and they are learned early: Arch your back to avoid getting butt-hung on the rocks; paddle elbows-up to escape rubber rash on your underarms; and kick and flail into the centre of the current to avoid being marooned in an eddy. The ingenious contrivances for keeping the pop cold and the potato chips dry are simply too numerous to recount.

By the time our kids were teens, my only responsibility was to ferry them and a gaggle of friends to a launch spot and send them off, their ears ringing with every mom nag in my repertoire. Late one summer afternoon I stood on our front porch and heard them before I saw them, half a dozen long-legged golden girls, inner tubes slung over their shoulders, laughing their way home from the beach at City Park. I thought my heart would burst for their joy and freedom.

But it's not just for kids, this revered summertime ritual. We older folk talk of river floats in spiritual terms, of the hours on the water as an annual replenishment of the soul. ■

PHOTOGRAPHY, COURTESY OF KETTLE RIVER PROVINCIAL PARK (BC PARKS)

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